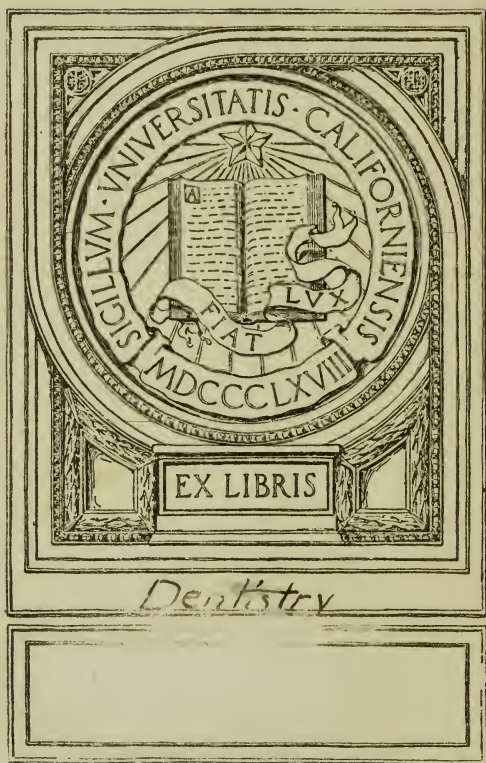
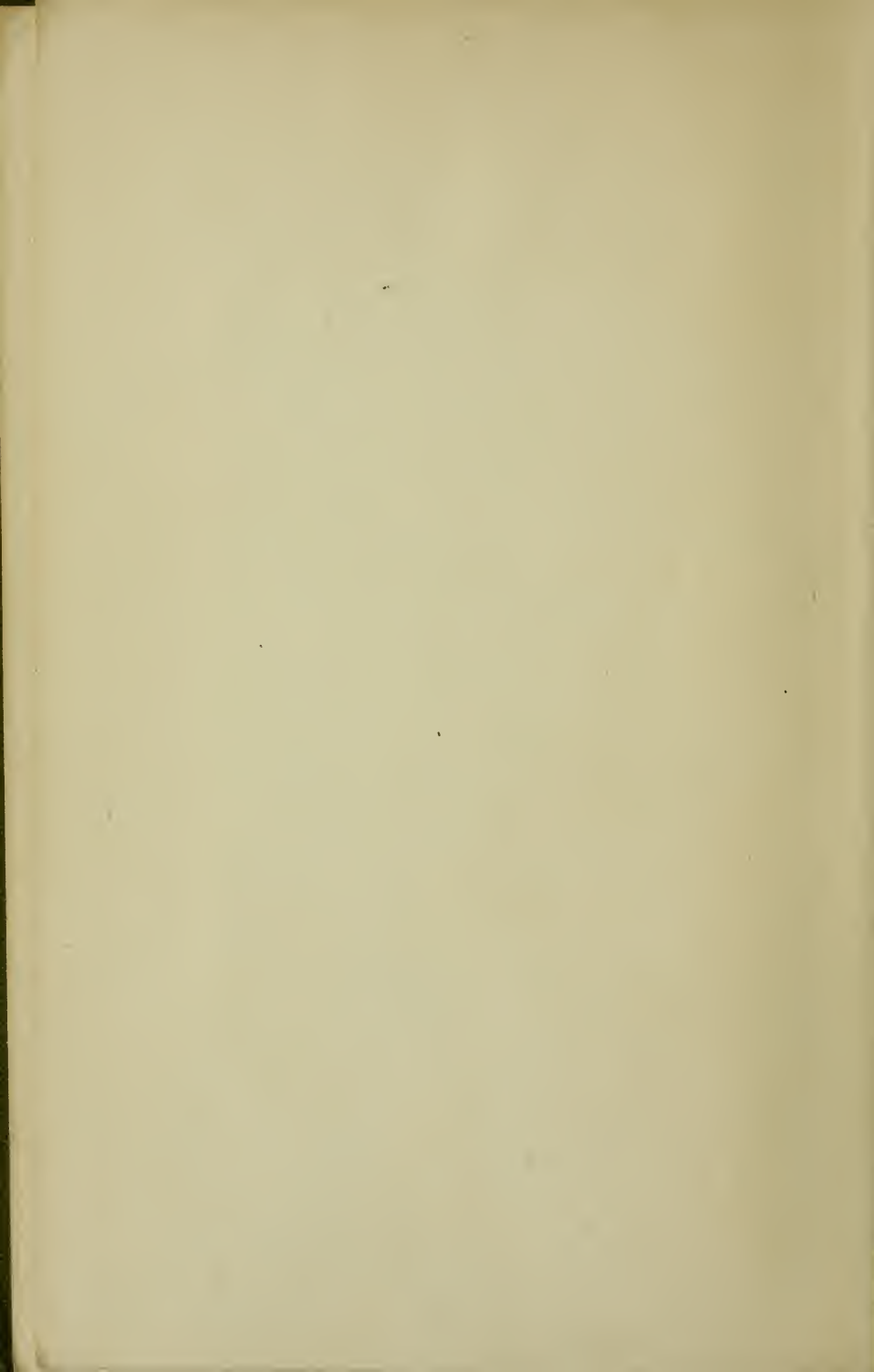










# FOOD VALUES



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PRACTICAL TABLES FOR USE IN PRIVATE  
PRACTICE AND PUBLIC INSTITUTIONS

BY

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## PREFACE

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THE numerous tables of chemical analysis of foods and of food values appearing during recent years have made possible a more precise qualitative and quantitative regulation of the diet for the sick. Such tables, however, are not readily accessible, or are arranged in such form as to be applied to practical dietetics only with considerable difficulty. The majority necessitate the actual weighing of the foods and often tedious calculations in order to determine the exact nutritive values; procedures which greatly detract from their practical usefulness. Furthermore the figures given are usually for raw food values which frequently differ considerably from those of cooked foods.

In the present volume I have attempted to bring together from various sources as exact information as possible regarding the composition and nutritive value of all common foods in a form so simple that it can be readily applied to the every day regulation of diets. The work has been prepared especially for the students in the Harvard Medical School.

It is obvious that many factors combine to make the calculations of the nutritive worth of cooked foods exceedingly difficult and in many instances the results given must be regarded as only approximate.

## PREFACE

No original chemical analyses have been made by the author but all calculations are based on actual weighings. It is not a treatise on dietetics and no attempt has been made to give special diets for particular diseases or conditions. In the following pages, however, some of the principles of dietetics which apply especially to the use of the tables are briefly discussed. Our knowledge of the relative digestibility of different foods is so incomplete that no discussion of the subject is given.

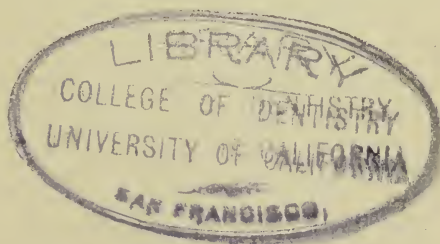
It has been impossible to give credit in all cases to the authors consulted. Information has been drawn largely from the numerous reports of investigations made under the direction of the United States Department of Agriculture, especially those of Atwater, Bryant, Langworthy, Grindley, Wood and Milner.

Grateful acknowledgment is made of the valuable advice and assistance given by Drs. H. F. Hewes and David L. Edsall in the preparation of these tables.

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# FOOD VALUES

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## INTRODUCTION

### CLASSIFICATION OF FOOD STUFFS

THE various food materials, although frequently classified as organic or inorganic, are more reasonably divided into (1) *nutritive* and (2) *non-nutritive constituents*. The former are chiefly organic, the latter largely inorganic substances.

Atwater and others group the nutritive constituents into four general classes, i. e.: (1) *protein*, (2) *fats*, (3) *carbohydrates*, and (4) *mineral matter* or *ash*. The non-nutrient constituents include *water*, *refuse* (bones of meat and fish, shells of shell-fish, stones of fruit, skins of fruits and vegetables, etc.), and the *salts* of salted meats and fish.

In the following tables the term "edible portion" (Atwater) is used to include the nutritive portion and water, i. e., flesh of meat and fish, white and yolk of egg, pulp of fruit, etc., while the term "as purchased" indicates the total edible portion plus the refuse.

*Protein*.—Protein as employed by Atwater is a comprehensive term comprising all nitrogenous substances whether of animal or vegetable origin except the nitrogenous fats. As distinguished from protein the proteids are definite chemical compounds such as the albumin of meat and the white of egg which form only a portion of

the general group of proteins. Hoppe-Seyler and Drechsel<sup>1</sup> classify the protein bodies as follows: (1) Simple Proteids (albumins, globulins, nucleoalbumins, albuminates, proteoses and peptones, coagulated proteids and histones), (2) Compound Proteids (hemoglobins, glucoproteids and nucleoproteids), (3) Albumoids or Albuminoids (keratins, elastin, collagen and reticulin).

*Carbohydrates.*—The carbohydrates embrace an unusually large number of compounds such as sugars, starch, gums and cellulose, and form the principal constituent of plants as do the proteids of meats. Though found chiefly in such foods as are derived from the vegetables, nuts, fruits and grains, they are also present in small amounts in milk, meat, and fish.

*Fats.*—This group is made to include the total ether extract of the dried substance, and comprises both plant and animal fat besides a variety of other substances, including neutral fat, fatty acids, lecithin, cholesterin, coloring matter, tannin, wax and ash residue. These last mentioned, however, are present in very minute traces and the heat of combustion of the total ether extract has been shown to be practically identical with that of pure fat. (Stohmann.<sup>2</sup>)

*Mineral Matter or Ash.*—A considerable number of inorganic elements (chlorine, sulphur, phosphorus, sodium, calcium, magnesium, iron, manganese, potassium and others) are contained in the food, to a small extent as organic compounds, but principally as salts (carbo-

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<sup>1</sup> Cited by Hammarsten, "A Text-Book of Physiological Chemistry," p. 36.

<sup>2</sup> Quoted by Schwenkenbecher, *Zeit. f. diet. u. physik. Therapie*, Bd. 4, 1900, s. 388.

nates, sulphates, phosphates, oxides, etc.). They are never oxidized in the system to furnish heat or energy, but are essential in tissue building.

*Water.*—The importance of water in the diet of man, though a non-nutrient, is attested by the fact that nearly two-thirds of the body weight is due to water.

## USES OF FOODS IN THE BODY

In general the function of food ingested is twofold, first, to build up or repair tissues, and second, through combustion to furnish energy either as heat or muscular work including the work of digestion. The degree to which the various food ingredients discussed above answers in these respects to the body needs is various. Protein foods, like lean meat and fish, egg albumen, casein of milk, wheat gluten, and the proteid portion of vegetables, are essentially the tissue builders but under some conditions, especially when the amount of fats and carbohydrates is insufficient, are utilized by the organism to provide energy. It is probable also that proteids may be changed to fat. The fats, both animal and vegetable, and the carbohydrates, very largely furnish the energy required. To a considerable extent the fats of the food may be stored up as body fat but only when the ingested food is more than adequate to meet the demands of the body for tissue building and energy. Likewise when taken in excess the carbohydrates may be transformed into fat and stored as adipose tissue. Neither can go to the building up of tissue yet they act as proteid spacers and indirectly serve this purpose.

It will thus be readily seen that the functions of the

three kinds of nutrients in the body are to a certain extent interchangeable, and the purpose which each serves will depend largely on the quantity of the other two. In other words the degree to which the three types of food stuffs participate in the production of energy will depend on their relative proportion in the diet as much as on any preference on the part of the organism.

This fact is of the greatest importance in the regulation of the diet in certain diseases. Thus if we aim to increase the body weight in a given case it is as important to provide adequate amounts of fats and carbohydrates in order to spare the proteids which would otherwise to some degree be used to answer the needs for heat and energy, as to increase the nitrogenous foods.

As stated above, mineral matter does not contribute to the energy needs of the body yet is absolutely essential in the food, first, because it forms bone and other tissues, and second, because of its influence on general metabolism. It is generally agreed that, with the exception of sodium chloride, the average mixed diet comprises more than a sufficient quantity of mineral matter to supply the body needs.

It has been shown experimentally beyond a doubt, that alcohol in small quantities, like the fats and carbohydrates, is entirely oxidized in the body and the energy thus produced is utilized by the body largely as heat but also to some degree as muscular work. Alcohol must in consequence be considered with the foods. It differs from other foods in not being stored in the body as fat for future use. To some extent, at least, it undoubtedly acts in a manner analogous to the carbohydrates and fats in sparing the protein. The maximum action of this sort

probably takes place in those habitually addicted to its use. There is considerable experimental evidence to indicate that alcohol likewise spares the carbohydrates and even the fats. Under no conditions can it serve to repair or build tissue. Unlike other foods, alcohol, when taken into the body in large amounts, not only acts as a food but as a drug also. This action often outweighs its effects as a nutrient. Any food may, when taken in excess, act deleteriously, but these effects in the case of alcohol are proportionately greater because of its action as a drug.<sup>1</sup>

## METHODS OF CALCULATING FOOD VALUES

All foods possess potential or latent energy which with combustion becomes kinetic or actual. This holds true whether it is burned in a calorimeter or oxidized in the body. When oxidized in the body this energy appears both as heat and muscular power. Atwater has shown by calorimeter experiments that when the body is in a state of complete rest all the energy is represented by heat and the work of metabolism, whereas with activity a considerable portion appears as muscular work. In either case the total "exactly equals the latent energy of the material burned in the body." This energy of foods is known as the heat or fuel value and is expressed in terms of a heat unit or calorie. A *calorie* is the amount of heat necessary to raise one kilogram of water from 0° to 1° C. or 1 pound 4° F. This is sometimes spoken of as

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<sup>1</sup> For a full discussion of the action and nutritive value of alcohol, see Atwater, "Physiological Aspects of the Liquor Problem," vol. ii., 1903.

the "large calorie," the "small calorie" being 1/1000 of a large calorie, or the amount of heat necessary to raise one gram of water from 0° to 1° C. Stohmann<sup>1</sup> gives the following heat values for protein, fat and carbohydrate, when completely burned in the calorimeter:

|                     |                          |                     |
|---------------------|--------------------------|---------------------|
| 1 gram protein..... | 5,711 small calories.... | 5.7 large calories. |
| 1 " fat.....        | 9,365 " " ....           | 9.3 " "             |
| 1 " carbohydrate... | 4,182 " " ....           | 4.1 " "             |

*Digestibility.*—If completely oxidized and transformed in the body the same figures would hold for these ingredients; but as is well known not all the food is utilized in the body, the unused portion appearing in the excreta. In order therefore to obtain the exact heat value of a given food when ingested, it is necessary to know not only its calorimeter value, but also the energy value of that portion which has escaped oxidation and appears in the feces and urine, the difference obviously being the so-called "available fuel value." Consequently it becomes of the first importance to determine what proportion of the food taken into the body is digested and absorbed, in other words, is available for body needs. This is designated as the "*coefficient of digestibility.*" (Atwater.) It may be defined as the total energy value of a given food less that of the unoxidized excreta.

The digestibility of nutrients differs slightly when given in a mixed diet from that of the same when ingested separately. Atwater's figures of digestibility<sup>2</sup>

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<sup>1</sup> "Ueber den Wärmewerth der Bestandtheile der Nahrungsmittel." *Zeit. f. Biologie*, Bd. 31.

<sup>2</sup> The term digestibility is used by Atwater to indicate the completeness of digestion, and not the ease of digestion as ordinarily employed.

for the average mixed diet are: protein 92 per cent, fats 95 per cent, and carbohydrates 97 per cent, those of animal origin being considerably higher than those of vegetable. Of the total food in a mixed diet 91 per cent is estimated to be entirely digested and transformed into energy. The coefficient of digestibility of alcohol is 98.

*Availability.*—A further consideration of very great moment in the calculation of food values is the completeness with which the available protein, fat and carbohydrate are burned in the body. Since the fats, carbohydrates and alcohol are almost completely oxidized, their available energy is represented by constants which are very close to those for the same oxidized outside the body. Not only is there a considerable loss in the amount of proteid available for oxidation, as stated above, namely 8 per cent, but a considerable portion of the remainder escapes complete oxidation and appears in the form of the nitrogenous excreta in the urine (urea, etc.) Whereas the coefficient of digestibility of protein is 92, the coefficient of availability of energy is only 70. (Atwater.) The ultimate energy value developed by change and oxidation of foods in the organism is termed the “physiological heat of combustion.”

From his own investigation and those of many others, Rubner<sup>1</sup> calculates this physiological calorie value as follows:

|                       |               |
|-----------------------|---------------|
| 1 gram protein.....   | 4.1 calories. |
| 1 “ fat.....          | 9.3 “         |
| 1 “ carbohydrate..... | 4.1 “         |

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<sup>1</sup> “Calorimetrische Untersuchungen.” *Zeit. f. Biologie*, N.F., Bd. 3, 1885.

The physiological calorie value of alcohol is 7. More recently Atwater and Bryant<sup>1</sup> have revised these figures basing their conclusions on a large number of careful investigations. A summary of their results is given in the following table:<sup>2</sup>

|                 | Heat of combustion per gram. | Coefficients of availability. |            | Fuel values.                    |         |                             |         |
|-----------------|------------------------------|-------------------------------|------------|---------------------------------|---------|-----------------------------|---------|
|                 |                              | Of material.                  | Of energy. | Referred to available material. |         | Referred to total material. |         |
|                 |                              |                               |            | Per grm.                        | Per lb. | Per grm.                    | Per lb. |
|                 | Cal.                         | Per cent.                     | Per cent.  | Cal.                            | Cal.    | Cal.                        | Cal.    |
| Protein.....    | 5.65                         | 92                            | 70         | 4.4                             | 2,000   | 4.0                         | 1,815   |
| Fat.....        | 9.40                         | 95                            | 95         | 9.4                             | 4,260   | 8.9                         | 4,040   |
| Carbohydrates . | 4.10                         | 97                            | 97         | 4.1                             | 1,860   | 4.0                         | 1,818   |
| Alcohol.....    | 7.07                         | 98                            | 98         | 7.1                             | 3,210   | 6.9                         | 3,130   |

It will be seen that Atwater's figures corresponding to those of Rubner given above are:

|                       |             |
|-----------------------|-------------|
| 1 gram protein.....   | 4 calories. |
| 1 " fat.....          | 8.9 "       |
| 1 " carbohydrate..... | 4 "         |
| 1 " alcohol.....      | 6.9 "       |

While more accurate than Rubner's figures, the latter have attained such general acceptance that practically all tables of food values available are based on these values and for the sake of uniformity it has seemed best

<sup>1</sup> "The Availability and Fuel Value of Food Materials." Report of the Storrs (Connecticut) Agricultural Station, 1889.

<sup>2</sup> "Physiological Aspects of the Liquor Problem," vol. ii., p. 281.

to use the same in the preparation of the following tables.

## THE FOOD REQUIREMENTS OF THE BODY IN HEALTH

In spite of numerous careful researches no precise general rules can be laid down regarding the food requirements which shall apply to all persons. The needs of the organism for nutriment both with relation to its kind and quality must depend on many factors. First of all it is evident that these needs bear a direct relationship to the size of the body, large individuals requiring more food than smaller ones. The average man in health and with moderate work is found to require roughly 40 calories per kilogram of weight. The extent of body surface likewise determines to some degree the amount of fuel needed inasmuch as the radiation of heat is relatively greater in those with proportionately large skin surface. The thinner the individual, the greater the relative skin surface and hence the greater the demands for food. A partial explanation is found here for the fact that thin people frequently consume more food than the obese. Added reasons for this difference are found in the sedentary habits of life so often characteristic of the obese, and in the lessened metabolism. Fat tissue as well as bone is virtually dead tissue when compared with muscle since it participates but little in the general processes of waste and repair. Whereas the average man at work requires somewhere between 30 and 60 calories per kilogram of weight to maintain health and strength, the very fat have been observed to preserve

their weight and vigor on from 26 to 36 calories per kilo of weight.

Children have relatively more skin surface than adults, and the calls for food are correspondingly increased. Young cells furthermore oxidize a greater quantity of food. Still another important reason is that the young organism needs food for the growth of new tissue as well.

An exactly opposite condition exists in the aged. There is lessened body activity, a diminished vitality in the body cells, and commonly a smaller degree of heat radiation. In consequence the food consumption is decreased beyond the period of maximum vigor and in extreme old age surprisingly little is required to meet the demands of the organism. The young infant utilizes nearly 100 calories per kilogram, the aged scarcely more than one-quarter to one-third as much.

It is estimated that on the average women take barely four-fifths as much food as men, due largely to the smaller size, the greater percentage of body fat, and the less active life.

Climate and seasons exert some influence, though by reason of the methods of dress among civilized people, which protects the body from excessive loss of heat by radiation, far less than would at first be supposed. To some extent the demands of the system in cold climates increase the fuel needs of the body.

Marked individual differences in the amount of food digested and assimilated, apart from such differences as are due to size, age, mode of life, shape of body, and similar factors, are commonly observed. Not only is this individual variation seen with reference to the amount

of food required, but also in the proportions of the different ingredients. In both health and disease, one likewise frequently sees that a particular kind of food does not agree with a given individual. These individual peculiarities are important considerations in the regulation of the diet, especially in conditions of ill-health.

The one factor of probably more importance than all the above combined is muscular work. Langworthy<sup>1</sup> summarizes the results of statistical and experimental studies with regard to the food requirements of man under varying conditions of work as follows:

|                                             |                 |
|---------------------------------------------|-----------------|
| Man without muscular work.....              | 2,450 calories. |
| “ with light muscular work (sedentary)..... | 2,700 “         |
| “ “ “ to moderate muscular work.....        | 3,050 “         |
| “ “ moderate muscular work.....             | 3,400 “         |
| “ “ very hard muscular work.....            | 5,500 “         |

In the case of Maine lumbermen working during the winter months the food consumed in a single day in some instances was found to be capable of yielding over 8,000 calories. It seems to be generally agreed that a man at moderately hard work requires somewhat more than 3,000 calories daily.

Atwater has shown by calorimeter experiments that in the case of the man performing work, as contrasted with the man at rest, only about 20 per cent of the additional food taken appears as the energy equivalent of work, that is, for every 20 calories developed and applied as work, 80 calories are lost in the body as heat and “internal work.”

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<sup>1</sup> United States Department of Agriculture, Office of Experiment Station, *Circular* No. 46, 1906.

While it is fairly generally conceded that the average man at work requires approximately 3,000 calories daily, there is a wide divergence of opinion as to the relative amounts of the protein, carbohydrates and fats best suited to furnish these needs. Unfortunately physiological experiments are frequently not in accord with the results of actual studies of the diet taken by individuals of different races and under varying conditions. While the question cannot at present be finally settled, the proportions of nutrients taken by the average person is probably the safest guard. These figures are, roughly, 150 grams fat, 100 grams protein, and 350 grams carbohydrates per diem.

The most important question is as to the quantity of protein best suited to the needs of the average individual. In spite of very numerous experiments by many eminent physiologists as well as careful studies regarding the amount consumed by various races and classes, it still remains an open question. The work of Chittenden and others proves that health may be maintained under the ordinary conditions of life for a long period on a daily ingestion of proteids even as low as 50 grams daily. It has not been shown, however, that such a low proteid content is an advantage or if continued indefinitely may not work injuriously. A large excess of protein taken with a diet rich in fats and carbohydrates, especially with hard muscular work, is, as a rule, well tolerated, observations having been made frequently where more than 200 grams of protein were taken daily and well tolerated. Without an ample supply of fats and carbohydrates, however, an excess of protein leads to severe digestive disturbances and must be regarded as

distinctly harmful. The form in which the protein is ingested is also important. At least one-half should be in the form of vegetable protein except in the case of persons doing very severe work when a larger proportion of animal protein may be allowed.

Granting that 100 grams of protein is a fair average for a diet yielding 3,000 calories, the proportion of the fats and carbohydrates best suited to the body needs is the next consideration. The ratio of these two ingredients in the diet of different individuals varies within very wide limits as shown by many dietary studies. Although energy derived from the carbohydrates seems to spare the proteids to a slightly greater degree than that from the fats, they may for all practical purposes be considered of equal importance as proteid spacers. The vital question appears to be not as to the ratio of the two, but rather that the necessary caloric value of the diet be maintained. When additional food is required because of hard muscular work there is good reason for the opinion that the supplementary calories should be supplied largely by carbohydrates and fats.

The influence of mental work on the fuel needs of the body has not been so accurately determined as in the case of muscular work. One important fact, however, has been established by the calorimeter experiments of Atwater,<sup>1</sup> namely that the body waste is not increased by brain activity. There seems to be no evidence for supposing that any particular kind of food is indicated in the case of brain workers, or that the calorific needs are greatly or even to any extent increased. Overeating

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<sup>1</sup> United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 44, 1897.

is detrimental to hard brain work for the reason that under such conditions excessive work is put on the digestive organs necessitating an abundant blood supply to the abdominal organs which undoubtedly interferes to a considerable extent with the supply needed by the brain. Intellectual workers are usually of sedentary habits and require much less food in general and a smaller percentage of fats and carbohydrates than those doing manual labor. In a word, the food required by this class is relatively small and should be of such a nature as to put as little burden as possible on the digestive organs.

### THE BODY'S RESERVE

It is one of nature's provisions that the body should to a considerable though varying degree act as a storehouse of fuel. On a sufficient diet the body stores up in the form of fat tissue a greater or smaller reserve which during a period of insufficient food or actual starvation can for a remarkably long period sustain life. At first only adipose tissue is oxidized, but later even the nitrogenous tissues may also be utilized. Death usually occurs after the reduction of from one-third to one-half the body weight. Underfeeding, especially an insufficiency of nitrogenous foods, inevitably leads to a lessening of body resistance, and finally to physical deterioration as evidenced by abundant examples too familiar to be enumerated.

Continued overfeeding, if extreme, brings in time a chain of evil consequences of nearly equal importance. The proper diet is probably one moderately in excess of that absolutely necessary to answer the demands of the body for tissue repair and energy as it is desirable to

have a reserve of fuel in the body. One of the first results of excessive food ingestion in many cases, though by no means all, is an abnormal increase in the body weight due to the accumulation of adipose tissue. The principal ill effects are those consequent on the relatively great amount of additional work thus put on the system in disposing of the extra fuel. If for only a short time, the effects are seldom more severe than moderate disturbances in the functions of the gastro-intestinal tract. In the case of habitual overalimentation, grave disorders of metabolism or even degenerative changes take place in the body tissues especially in the internal organs and arteries.

“For people in good health and with good digestion there are two important rules to be observed in the regulation of the diet. The first is to choose the things which ‘agree’ with them, and to avoid those which they cannot digest and assimilate without harm. The second is to use such kinds and amounts of food as will supply all the nutrients the body needs and at the same time avoid burdening it with superfluous material to be disposed of at the cost of health and strength.

“For guidance in this selection, nature provides us with instinct, taste and experience. Physiological chemistry adds to these the knowledge—still new and far from adequate—of the composition of food and the laws of nutrition. In our actual practice of eating we are apt to be influenced too much by taste—that is, by the dictates of the palate; we are prone to let natural instinct be overruled by acquired appetite, and we neglect the teachings of experience. We need to observe our diet and its effects more carefully and to regulate appetite by reason. In doing this we may be greatly aided by the

knowledge of what our food contains and how it serves its purpose in nutrition." (Atwater.)

### COOKING OF FOODS

The nutritive value of foods is very definitely influenced by cooking. As a rule they are made more digestible for the reason that their structure is so altered as to render them much more easily chewed and more accessible to the digestive juices. Their composition is also often considerably changed, depending on the method of cooking. During this process certain flavors are developed which give them a more pleasing taste and so directly assist digestion through stimulation of the digestive functions. Bacteria and parasites are killed by most forms of cooking.

The above applies especially to the cooking of meats, although by some methods they suffer a very significant loss in nutrients. Meats lose weight in cooking largely in consequence of the loss of water, and to a variable extent of fat.

The following table compiled from Schwenkenbecher<sup>1</sup> illustrates in a general way these losses in weight:

| 100 grams raw, lean meat. | Boiled.<br>Grams. | Baked.          |                      |
|---------------------------|-------------------|-----------------|----------------------|
|                           |                   | Rare.<br>Grams. | Well done.<br>Grams. |
| Beef.....                 | 58                | 82              | 62                   |
| Veal.....                 | 72                | 78              | 61                   |
| Mutton.....               | 65                | 85              | 70                   |
| Pork.....                 | 63                | 78              | 57                   |
| Fowl.....                 | 70                | 76              | ..                   |

<sup>1</sup> "Die Nährwerthberechnung tischfertiger Speisen." *Zeit. f. diät. u. physik. Therapie*, Bd. 4, H. 5, 1900.

The changes taking place in meats as the result of cooking have been made the subject of very careful experimental studies by Grindley and Mojonnier<sup>1</sup> and their conclusions are briefly as follows: When meats are boiled from 3.3 to 12.6 per cent of the protein, 0.6 to 37 per cent of the fat, and 20 to 67 per cent of the salts were found in the broth. When roasted, 0.3 to 4.6 per cent of protein, 4.5 to 57.5 per cent of the fat and 2.5 to 57.2 per cent of the mineral matter were found in the drippings of the meat. If the broth in the former and the drippings in the latter be used there is obviously only an insignificant diminution in food value. To a certain extent the losses vary directly with the length of time of cooking and inversely with the size of the piece of meat. Different cuts of the same kind of meat vary greatly in the amount and nature of the losses. Schwenkenbecher concludes from the study of the results of numerous investigations that 100 grams of the muscle portion of the common meats when boiled yields roughly from 160 to 180 calories, when roasted, rare, about 130 calories, well done, 150 to 230 calories. The edible portion of lean fish boiled furnishes approximately 80—100 calories per 100 grams. Pickling and smoking alters but very slightly either the composition or nutritive value of meat and fish. On the whole the meats are rendered more palatable by cooking but slightly less digestible and sometimes less rich in nutrients.

In vegetables as in the case of meats the flavors are

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<sup>1</sup> "Experiment on Losses in Cooking Meat," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 141.

produced, the structures altered, and the proteids coagulated. The most important changes are in the starch granules, the cell walls of which are ruptured and the starch made more soluble. While a proper degree of cooking renders the vegetables more palatable and digestible, excessive cooking produces changes in them which make the vegetables unpalatable and indigestible.

Snyder, Frisby and Bryant,<sup>1</sup> investigated the effects of boiling on the composition of vegetables using potatoes, carrots and cabbage as representatives of the three groups, tubers, roots, and pot herbs. They found a considerable though variable loss in nutritive constituents depending on the methods employed. In the case of the potatoes, the greatest loss took place when they were peeled and then soaked in cold water before boiling, namely 46 to 58 per cent of the nitrogenous matter and 38 per cent of the mineral matter. When put immediately into boiling water, the loss in mineral matter remained the same but the loss in nitrogenous matter was only one half as great. If boiled unpeeled, the losses were insignificant. As ordinarily cooked carrots were found to lose about 40 per cent of the total nitrogen and 26 per cent of the total sugar, or approximately one quarter of the nutritive value. Cabbage when boiled in lime water lost about one-half of the mineral matter and one-third of the carbohydrates and nitrogenous matter.

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<sup>1</sup> "Losses in Boiling Vegetables and the Composition and Digestibility of Potatoes and Eggs," United States Department of Agriculture, Office of Experiment Stations, *Bulletin* No. 43.

This loss can be largely prevented if the water in which the cabbage is cooked be used.

## METHOD OF CALCULATING FOOD VALUES

In the ordinary tables of food analysis such as those of Atwater and Bryant, the chemical composition of foods is given in percentages by weight of protein, fats and carbohydrates, and the total caloric value per pound. It is therefore evident that in order to determine the value of a given diet each article of food must be separately weighed and the weight of the three food ingredients calculated from the table of percentages. For example, Atwater's table gives the composition of home-made white bread as 9.1 per cent protein, 1.6 per cent fat and 53.3 per cent carbohydrates. Now if one slice of bread weighs 37 grams, the actual weight of the protein, fat and carbohydrates is 3.37, 0.59 and 19.72 respectively. The number of calories represented in each is then ascertained by multiplying the first and third figures by 4.1, and the second by 9.3 (in each case by the number of calories per gram) which gives for protein 13.8, for fats 5.5, and for carbohydrates 80.9 calories, or a total of 100.2 calories.

I have attempted to simplify the calculations of diet by arranging a table of American foods on the basis of the "average helping." To this end the common measure of the serving is given as well as the actual weight in grams. It is believed that in this manner the value of the diet can be estimated not only very easily but with sufficient accuracy for all practical purposes. The actual weight of the protein, fats and carbohydrates in the

average helping is also given, and the fuel value in calories for each. The student is thus enabled to make direct comparisons of different articles of food according to the calories represented by each ingredient as well as the total number of calories. The calculation of the total fats, carbohydrates and proteids taken at a single meal or during the twenty-four hours is made very easy.

When food is ingested in amounts other than the average helping its value can be reckoned from its weight and the values for 100 grams given in the last column.<sup>1</sup> Frequently in such cases the quantity eaten is a definite fraction of the "average helping" given in the table and its value can be more readily obtained by dividing all the values given by that fraction. For example, if 1 heaping tablespoonful of apple sauce instead of 3 heaping tablespoonsful, as given in the table, be served, the value can be determined by dividing all the values in the different columns by three.

Suppose it is desired to figure the value of a given meal composed as follows: chicken soup, 4 oz.; lean roast beef, 1 slice; boiled potato, 1 medium sized; string beans, 2 heaping tablespoonsful; white bread, 1 slice; butter, 1 small ball; glass milk; chocolate pudding, 2 heaping tablespoonsful, with whipped cream, 1 heaping tablespoon. Reference to Table II gives the following:

---

<sup>1</sup> A very convenient table scale for weighing foods is manufactured by John Chatillon & Sons, New York.

| Food.                  | Protein. |       | Fats. |       | Carbo-<br>hydrates. |       | Total<br>Cal. |
|------------------------|----------|-------|-------|-------|---------------------|-------|---------------|
|                        | Grams    | Cal.  | Grams | Cal.  | Grams               | Cal.  |               |
| Soup.....              | 12.60    | 51.7  | 0.96  | 8.9   | 2.88                | 11.8  | 72            |
| Roast beef.....        | 23.33    | 95.7  | 1.66  | 15.4  | .....               | ..... | 111           |
| Boiled potato.....     | 3.75     | 15.4  | .15   | 1.4   | 31.35               | 128.5 | 145           |
| String beans.....      | .48      | 2.0   | .66   | 6.1   | 1.14                | 4.7   | 13            |
| White bread.....       | 3.37     | 13.8  | .59   | 5.5   | 19.72               | 80.9  | 100           |
| Butter.....            | .15      | .6    | 12.75 | 118.6 | .....               | ..... | 119           |
| Milk.....              | 7.26     | 29.8  | 8.80  | 81.8  | 11.00               | 45.1  | 157           |
| Chocolate pudding..... | 4.99     | 20.5  | 7.90  | 73.5  | 27.83               | 114.1 | 208           |
| Whipped cream.....     | 1.11     | 4.6   | 7.72  | 71.8  | 1.06                | 4.3   | 81            |
| Totals.....            | 57.04    | 234.1 | 41.19 | 383.0 | 94.98               | 389.4 | 1,006         |

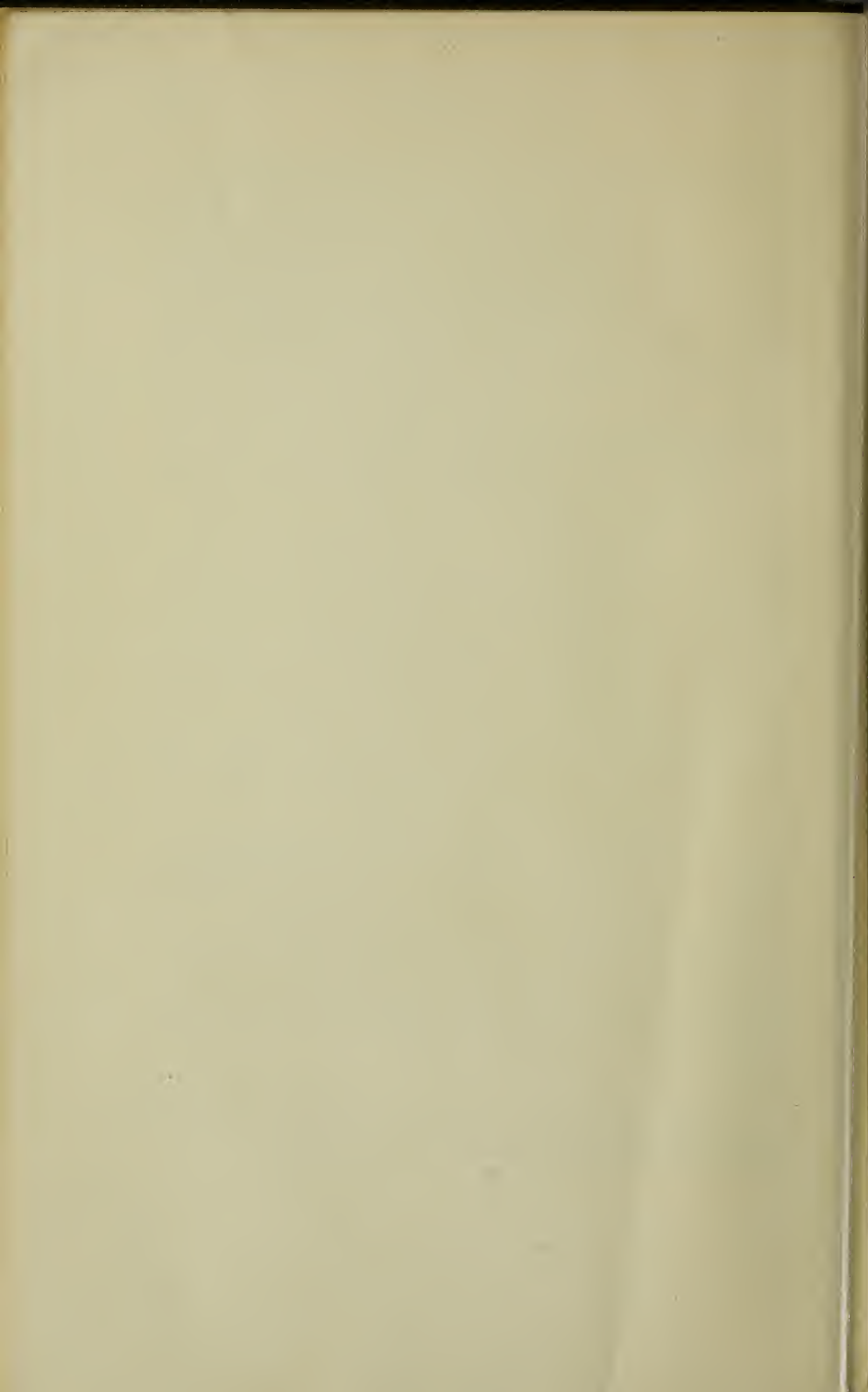
The table shows that we have a total of 57.04 grams protein, 41.19 grams fat, and 94.98 grams carbohydrates yielding respectively 234.1, 383.0 and 389.4 calories or a total of 1,006 calories. When only the total fuel value is desired it will readily be seen to be a very simple matter of addition to ascertain the desired figures.

On the other hand, the arrangement of weights and values in Table II facilitates the choice of a menu for special diseases as diabetes or nephritis.

The use of Table I affords a ready means of changing from one system of weights or measures to another. This is often necessary in food determinations.

Table IV is abstracted from Atwater and Bryant<sup>1</sup> for the purpose of furnishing the percentage composition of the more common American foods for those wishing to know the exact value of raw food.

<sup>1</sup> "The Chemical Composition of American Food Materials," United States Department of Agriculture, Office of Experiment Station, *Bulletin* No. 28, 1906.



## TABLES

# TABLE EQUIVALENTS (approximate)

|                    |         |           |                            |
|--------------------|---------|-----------|----------------------------|
| 1 teaspoon         | fluid = | 5 c.c. or | $\frac{1}{6}$ fluid ounce. |
| 1 dessertspoon     | " =     | 10 " "    | $\frac{1}{3}$ " "          |
| 1 tablespoon       | " =     | 15 " "    | $\frac{1}{2}$ " "          |
| 1 ordinary cup     | " =     | 250 " "   | 8 " "                      |
| 1 tumbler or glass | " =     | 250 " "   | 8 " "                      |
| 1 cordial glass    | " =     | 20 " "    | $\frac{2}{3}$ " "          |
| 1 sherry glass     | " =     | 30 " "    | 1 " "                      |
| 1 cocktail glass   | " =     | 75 " "    | $2\frac{1}{2}$ " "         |
| 1 claret glass     | " =     | 120 " "   | 4 " "                      |
| 1 champagne glass  | " =     | 135 " "   | $4\frac{1}{2}$ " "         |

## ABBREVIATIONS

- a. = average.
- a. h. = average helping.
- c. = cup.
- d. = diameter.
- dsp. = dessertspoon.
- h. = heaping.
- m. = medium.
- sq. = square.
- tblsp. = tablespoon.
- tsp. = teaspoon.

TABLE I.  
EQUIVALENTS OF WEIGHTS AND MEASURES.  
*Metric, Avirdupois and Apothecaries.*  
(From the "Pharmacopoeia of the United States of America.")

| Weights. |                             |     | Metric Weights and Measures. |             | Measures.                |                             |
|----------|-----------------------------|-----|------------------------------|-------------|--------------------------|-----------------------------|
| Grains.  | Apothecaries grains.<br>oz. | lb. | Avoirdupois grains.<br>oz.   | Gm. or C.C. | Fluid ounces,<br>minims. | Fluid ounces and fractions. |
| 1543.4   | 32                          | 2   | 3                            | 1000        | 33                       | 33.814                      |
| 7000.0   | 14                          | 1   | 15                           | 453.592     | 15                       | 15.338                      |
| 1543.2   | 3                           | ..  | 3                            | 100         | 3                        | 3.382                       |
| 480.0    | 1                           | ..  | 1                            | 31.1035     | 1                        | 1.052                       |
| 456.392  | ..                          | ..  | 1                            | 29.5737     | 1                        | 1                           |
| 437.5    | ..                          | ..  | 1                            | 28.350      | ..                       | 0.959                       |
| 15.4324  | ..                          | ..  | ..                           | 1           | ..                       | 0.0338                      |
| 1        | ..                          | ..  | ..                           | 0.06479     | ..                       | 0.0022                      |
| 0.9508   | ..                          | ..  | ..                           | 0.06161     | 1                        | 0.0021                      |

TABLE II.

## PREPARED FOODS—EDIBLE PORTION.\*

(The small numerals in the first column refer to the list of references on page 57.)

| Food Stuffs.                           | Portion. | Quantity.  | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|----------------------------------------|----------|------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                        |          |            | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| 1. MEATS.                              |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| <i>Beef:</i>                           |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Beef juice.....                        | a. h.    | 4 oz.      | 120     | 111.60 | 5.88     | 24.1           | 0.72   | 6.4            | .....               | .....          | 31                 | 25                         |
| Corned beef, canned....                | a. h.    | 1 slice.   | 50      | 25.90  | 13.15    | 53.9           | 9.35   | 87.6           | .....               | .....          | 141                | 282                        |
| Corned beef hash.....                  | a. h.    | 2 h. tbsp. | 100     | 80.30  | 6.00     | 24.6           | 1.90   | 17.7           | 9.40                | 38.5           | 81                 | 81                         |
| Roast.....                             | a. h.    | 1 slice.   | 100     | 48.20  | 22.30    | 91.4           | 28.60  | 266.6          | .....               | .....          | 357                | 357                        |
| Roast, very lean <sup>2</sup> .....    | a. h.    | 1 "        | 100     | 73.71  | 23.33    | 95.7           | 1.66   | 15.4           | .....               | .....          | 111                | 111                        |
| Scraped (round), ap-<br>proximate..... | a. h.    | 4-in. pat. | 100     | 67.80  | 20.90    | 85.7           | 10.60  | 98.6           | .....               | .....          | 184                | 184                        |

\* In this table the figures given are for the edible portion in every case unless otherwise specified.

So far as possible the values of the various prepared dishes have been computed from Atwater's chemical analyses in order that the table may be as uniform as possible. When the authority is not indicated, therefore, it is understood that the figures were taken from this source. The recipes in the case of made dishes, like puddings, sauces, etc., have been taken from many sources, but chiefly from Sachse: "How to Cook for the Sick and Convalescent."

In a given group of foods as roast meats and soups, the quantity served has been somewhat arbitrarily made the same, as in this way the relative values are best indicated. The fractions in the weights of the average serving have uniformly been disregarded, as also in the case of the total calories. When the ingredients are stated, as in

TABLE II.—Continued.

| Food Stuffs.                        | Portion. | Quantity.  | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|-------------------------------------|----------|------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                     |          |            | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| <i>Beef—Continued.</i>              |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Steak, round, fat re-<br>moved..... | a. h.    | 1 slice.   | 100     | 63.00  | 27.60    | 113.2          | 7.70   | 71.6           | .....               | .....          | 185                | 185                        |
| Steak, tenderloin.....              | a. h.    | 1 "        | 100     | 54.80  | 23.50    | 96.4           | 20.40  | 189.7          | .....               | .....          | 286                | 286                        |
| Sweetbread <sup>2</sup> .....       | a. h.    | 1 "        | 80      | 45.95  | 32.00    | 131.2          | 0.45   | 4.2            | .....               | .....          | 135                | 169                        |
| Tongue, canned.....                 | a. h.    | 1 "        | 25      | 12.83  | 4.88     | 20.0           | 5.80   | 53.9           | .....               | .....          | 74                 | 295                        |
| <i>Chicken:</i>                     |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Capon.....                          | a. h.    | 1 slice.   | 100     | 59.90  | 27.00    | 110.7          | 11.50  | 107.0          | .....               | .....          | 218                | 218                        |
| Creamed on toast <sup>2</sup> ....  | a. h.    | 2 h. tbsp. | 125     | 72.81  | 16.26    | 66.7           | 12.62  | 117.4          | 21.76               | 89.2           | 273                | 219                        |
| Fricassee.....                      | a. h.    | 1 slice.   | 100     | 67.50  | 17.60    | 72.2           | 11.50  | 107.0          | 2.40                | 9.8            | 189                | 189                        |
| Roast <sup>2</sup> .....            | a. h.    | 1 "        | 100     | 60.30  | 32.10    | 131.6          | 4.40   | 40.9           | 2.10                | 8.6            | 181                | 181                        |
| <i>Lamb:</i>                        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Chop with bone.....                 | a. h.    | 1 chop.    | 100     | 47.60  | 21.70    | 89.0           | 29.90  | 278.1          | .....               | .....          | 367                | 367                        |
| Roast.....                          | a. h.    | 1 slice.   | 75      | 50.33  | 14.78    | 60.6           | 9.53   | 88.6           | .....               | .....          | 150                | 200                        |

the case of puddings and sauces, only the total weights and values are given, but these can be readily calculated separately if desired by reference to these ingredients in other parts of the table or in Table IV.

The proportion of water in a considerable number of cases is only approximate, being reckoned as the difference between the total weight and the total of the protein, carbohydrates, fats and ash.

TABLE II.—Continued.

| Food Stuffs.                              | Portion. | Quantity.  | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|-------------------------------------------|----------|------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                           |          |            | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| <i>Mutton:</i>                            |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Boiled, lean <sup>9</sup> .....           | a. h.    | 1 slice.   | 75      | 47.61  | 23.18    | 95.0           | 3.38   | 31.4           | .....               | .....          | 126                | 168                        |
| Chop, lean <sup>9</sup> .....             | a. h.    | 1 chop.    | 100     | 71.80  | 22.60    | 92.7           | 4.50   | 41.9           | .....               | .....          | 135                | 135                        |
| Roast leg.....                            | a. h.    | 1 slice.   | 75      | 38.18  | 18.75    | 76.9           | 16.95  | 157.6          | .....               | .....          | 234                | 313                        |
| <i>Pork:</i>                              |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Bacon, smoked, un-<br>cooked.....         | a. h.    | 1 slice.   | 30      | 6.06   | 3.15     | 12.9           | 19.44  | 180.8          | .....               | .....          | 194                | 646                        |
| Chop <sup>9</sup> .....                   | a. h.    | 1 chop.    | 70      | 47.18  | 17.92    | 73.5           | 4.20   | 39.1           | .....               | .....          | 113                | 161                        |
| Ham, smoked, boiled, as<br>purchased..... | a. h.    | 1 slice.   | 33      | 0.69   | 7.29     | 29.9           | 6.80   | 63.2           | .....               | .....          | 93                 | 291                        |
| Ham, smoked, fried.....                   | a. h.    | 1 “        | 35      | 12.81  | 7.77     | 31.9           | 11.62  | 108.1          | .....               | .....          | 140                | 400                        |
| Roast <sup>2</sup> .....                  | a. h.    | 1 “        | 100     | 60.68  | 28.42    | 116.5          | 10.00  | 93.0           | .....               | .....          | 210                | 210                        |
| Sausage, uncooked.....                    | a. h.    | 1 sausage. | 35      | 13.93  | 4.55     | 18.7           | 15.47  | 143.9          | 0.39                | 1.6            | 164                | 468                        |
| <i>Turkey:</i>                            |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Roast.....                                | a. h.    | 1 slice.   | 100     | 52.00  | 27.80    | 114.0          | 18.40  | 171.1          | .....               | .....          | 285                | 285                        |
| <i>Veal:</i>                              |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Calf's-foot jelly.....                    | a. h.    | 1 h. tbsp. | 50      | 38.80  | 2.15     | 8.8            | .....  | .....          | 8.70                | 35.7           | 45                 | 89                         |
| Cutlet <sup>2</sup> .....                 | a. h.    | 1 cutlet.  | 80      | 55.16  | 22.82    | 93.6           | 1.14   | 10.6           | .....               | .....          | 104                | 133                        |
| Roast <sup>2</sup> .....                  | a. h.    | 1 slice.   | 75      | 51.77  | 21.33    | 87.5           | 1.00   | 9.3            | .....               | .....          | 97                 | 132                        |

TABLE II.—Continued.

| Food Stuffs.                     | Portion. | Quantity. | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|----------------------------------|----------|-----------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                  |          |           | Grams.  |        | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| 2. Fish.*                        |          |           |         |        |          |                |        |                |                     |                |                    |                            |
| Bluefish.....                    | a. h.    | .....     | 100     | 68.20  | 25.90    | 106.2          | 4.50   | 41.9           | .....               | .....          | 148                | 148                        |
| Cod <sup>12</sup> .....          | a. h.    | .....     | 100     | 76.32  | 21.68    | 88.9           | .27    | 2.5            | 1.58                | 6.5            | 98                 | 98                         |
| Haddock <sup>12</sup> .....      | a. h.    | .....     | 100     | 72.37  | 21.98    | 90.1           | .36    | 3.3            | 3.63                | 14.9           | 108                | 108                        |
| Halibut <sup>12</sup> .....      | a. h.    | .....     | 100     | 74.46  | 20.35    | 83.4           | 4.04   | 37.6           | .....               | .....          | 121                | 121                        |
| Mackerel <sup>12</sup> .....     | a. h.    | .....     | 70      | 51.19  | 11.73    | 48.1           | 4.84   | 45.0           | 2.62                | 10.7           | 104                | 148                        |
| Salmon <sup>12</sup> .....       | a. h.    | .....     | 100     | 65.32  | 19.65    | 80.6           | 10.21  | 95.0           | 5.36                | 22.0           | 198                | 198                        |
| Sardines, canned.....            | .....    | 1 fish.   | 10      | 5.23   | 2.30     | 9.4            | 1.97   | 18.3           | .....               | .....          | 28                 | 278                        |
| Smelts <sup>12</sup> .....       | .....    | 1 "       | 14      | 11.30  | 2.23     | 9.1            | .26    | 2.4            | .06                 | .2             | 12                 | 85                         |
| Spanish mackerel, broiled.....   | a. h.    | .....     | 100     | 63.50  | 21.80    | 89.4           | 5.90   | 54.9           | .....               | .....          | 144                | 144                        |
| Sturgeon, Russian caviare.....   | a. h.    | 1 h. tsp. | 10      | 3.81   | 3.00     | 12.3           | 1.97   | 18.3           | .76                 | 3.1            | 34                 | 337                        |
| Trout, brook <sup>12</sup> ..... | a. h.    | .....     | 50      | 36.79  | 10.57    | 43.3           | 1.17   | 10.9           | .62                 | 2.5            | 57                 | 114                        |
| Shellfish                        |          |           |         |        |          |                |        |                |                     |                |                    |                            |
| Clams, long.....                 | a. h.    | 6 clams.  | 150     | 128.70 | 12.90    | 52.9           | 1.5    | 14.0           | 3.00                | 12.3           | 79                 | 53                         |
| Clams, round.....                | a. h.    | 6 "       | 100     | 86.20  | 6.50     | 26.7           | .4     | 3.7            | 4.20                | 17.2           | 47                 | 47                         |

\* When not otherwise indicated, the method of cooking is by boiling. Many of the cooked fishes are usually served with a sauce of some kind, but in no instance is the food value of the sauce included unless so specified. This can be easily computed by reference to the section on condiments and sauces given later in the table, and added if desired.

TABLE II.—Continued.

| Food Stuffs.                                  | Portion. | Quantity.                      | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |  |
|-----------------------------------------------|----------|--------------------------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|--|
|                                               |          |                                | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |  |
| <i>Shellfish</i> —Continued.                  |          |                                |         |        |          |                |        |                |                     |                |                    |                            |  |
| Crabs, hard shelled, as<br>purchased. . . . . | a. h.    | 1 crab.                        | 245     | 89.92  | 19.36    | 79.4           | 2.21   | 20.6           | 1.47                | 6.0            | 106                | 91                         |  |
| Lobster. . . . .                              | a. h.    | 6 oysters. . . . .             | 105     | 83.16  | 17.22    | 70.6           | 1.89   | 17.6           | .42                 | 1.7            | 90                 | 86                         |  |
| Oysters. . . . .                              | a. h.    | 6 oysters. . . . .             | 85      | 73.86  | 5.27     | 21.6           | 1.02   | 9.5            | 3.15                | 12.9           | 44                 | 52                         |  |
| Oysters, creamed, on<br>toast. . . . .        | a. h.    | 6 oysters on 1<br>slice toast. | 205     | 148.12 | 12.57    | 51.5           | 16.13  | 150.0          | 25.62               | 105.0          | 307                | 150                        |  |
| Oyster stew. . . . .                          | a. h.    | 4 oz.                          | 124     | 95.00  | 6.07     | 24.9           | 11.06  | 102.9          | 10.53               | 43.2           | 171                | 138                        |  |
| Scalloped oysters. . . . .                    | a. h.    | 6 large oy-<br>sters.          | 138     | 97.40  | 8.06     | 33.0           | 18.58  | 172.8          | 11.98               | 49.1           | 255                | 185                        |  |
| Scallops, fried. . . . .                      | a. h.    | 3 h. tbsp.                     | 110     | 154.38 | 28.20    | 115.6          | 1.75   | 17.3           | 6.02                | 24.7           | 158                | 144                        |  |
| 3. Soups.                                     |          |                                |         |        |          |                |        |                |                     |                |                    |                            |  |
| Bean, home made. . . . .                      | a. h.    | 4 oz.                          | 120     | 101.16 | 3.84     | 15.7           | 1.68   | 15.6           | 11.28               | 46.2           | 78                 | 65                         |  |
| Beef, home made. . . . .                      | a. h.    | 4 "                            | 120     | 111.48 | 5.28     | 21.6           | .48    | 4.5            | 1.32                | 5.4            | 32                 | 26                         |  |
| Bouillon, canned. . . . .                     | a. h.    | 4 "                            | 120     | 115.92 | 2.64     | 10.8           | .12    | 1.1            | .24                 | 1.0            | 13                 | 11                         |  |
| Chicken, home made. . . . .                   | a. h.    | 4 "                            | 120     | 101.16 | 12.60    | 51.7           | .96    | 8.9            | 2.88                | 11.8           | 72                 | 61                         |  |
| Chicken gumbo, canned. . . . .                | a. h.    | 4 "                            | 120     | 107.04 | 4.56     | 18.7           | 1.08   | 10.0           | 5.64                | 23.1           | 52                 | 43                         |  |
| Clam chowder, home made                       | a. h.    | 4 "                            | 120     | 106.44 | 2.16     | 8.8            | .96    | 8.9            | 8.04                | 33.0           | 51                 | 43                         |  |
| Consommé, canned. . . . .                     | a. h.    | 4 "                            | 120     | 115.20 | 3.00     | 12.3           | .....  | .....          | .48                 | 2.0            | 14                 | 12                         |  |

TABLE II.—Continued.

| Food Stuffs.                   | Portion. | Quantity. | Weight. |                  | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|--------------------------------|----------|-----------|---------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                |          |           | Grams.  | Water.<br>Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Cream soups, home made:        |          |           |         |                  |          |                |        |                |                     |                |                    |                            |
| Asparagus <sup>5</sup> .....   | a. h.    | 4 oz.     | 125     | 104.50           | 3.44     | 14.1           | 8.62   | 80.2           | 4.87                | 20.0           | 114                | 92                         |
| Celery <sup>5</sup> .....      | a. h.    | 4 "       | 125     | 104.25           | 3.00     | 12.3           | 8.94   | 83.1           | 5.01                | 20.5           | 116                | 93                         |
| Corn <sup>5</sup> .....        | a. h.    | 4 "       | 125     | 99.34            | 3.75     | 15.4           | 8.70   | 80.9           | 10.66               | 43.7           | 140                | 112                        |
| Pea <sup>5</sup> .....         | a. h.    | 4 "       | 125     | 92.92            | 6.29     | 25.8           | 8.46   | 78.7           | 14.07               | 57.7           | 162                | 130                        |
| Potato <sup>5</sup> .....      | a. h.    | 4 "       | 125     | 102.25           | 2.87     | 11.8           | 9.03   | 84.0           | 9.60                | 39.4           | 135                | 108                        |
| Tomato <sup>5</sup> .....      | a. h.    | 4 "       | 125     | 102.44           | 2.99     | 12.3           | 9.40   | 87.4           | 6.36                | 26.1           | 126                | 101                        |
| Green turtle, canned.....      | a. h.    | 4 "       | 120     | 103.92           | 7.32     | 30.0           | 2.28   | 21.2           | 4.68                | 19.2           | 70                 | 58                         |
| Julienne, canned.....          | a. h.    | 4 "       | 120     | 115.08           | 3.24     | 13.3           | .....  | .....          | .6                  | 2.5            | 16                 | 13                         |
| Meat stew, home made.....      | a. h.    | .....     | 180     | 152.10           | 8.28     | 33.9           | 7.74   | 72.0           | 9.90                | 40.6           | 147                | 81                         |
| Mock turtle, canned.....       | a. h.    | 4 oz.     | 120     | 107.76           | 6.24     | 25.6           | 1.08   | 10.1           | 3.36                | 13.8           | 50                 | 41                         |
| Mulligatawny, canned ..        | a. h.    | 4 "       | 120     | 107.16           | 4.44     | 18.2           | .12    | 1.1            | 6.84                | 28.0           | 47                 | 40                         |
| Oxtail, canned.....            | a. h.    | 4 "       | 120     | 106.56           | 4.80     | 19.7           | 1.56   | 14.5           | 5.16                | 21.2           | 55                 | 46                         |
| Pea, canned.....               | a. h.    | 4 "       | 120     | 104.28           | 4.32     | 17.7           | .84    | 7.8            | 9.12                | 37.4           | 63                 | 52                         |
| Tomato, canned.....            | a. h.    | 4 "       | 120     | 108.00           | 2.16     | 8.9            | 1.32   | 12.3           | 6.72                | 27.6           | 49                 | 41                         |
| Vegetable, canned.....         | a. h.    | 4 "       | 120     | 114.84           | 3.48     | 14.3           | .....  | .....          | .6                  | 2.5            | 17                 | 14                         |
| 4. DAIRY PRODUCTS<br>AND EGGS. |          |           |         |                  |          |                |        |                |                     |                |                    |                            |
| Butter.....                    | a. h.    | 1 ball.   | 15      | 1.65             | 0.15     | 0.6            | 12.75  | 118.6          | .....               | .....          | 119                | 795                        |

TABLE II.—Continued.

| Food Stuffs.            | Portion. | Quantity.  | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |  |
|-------------------------|----------|------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|--|
|                         |          |            |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |  |
| Cream:                  |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| "Average" <sup>10</sup> | a. h.    | 1 tbsp.    | 20                | 13.28            | .74      | 3.0            | 5.14   | 47.8           | 0.71                | 2.9            | 54                 | 269                        |  |
| "Heavy" <sup>17</sup>   | a. h.    | 1 "        | 20                | 11.66            | .43      | 1.8            | 7.24   | 67.4           | .58                 | 2.4            | 72                 | 358                        |  |
| "Thick" <sup>18</sup>   | a. h.    | 1 "        | 20                | 7.87             | .31      | 1.3            | 11.22  | 104.3          | .46                 | 1.9            | 108                | 540                        |  |
| Whipped <sup>10</sup>   | a. h.    | 1 h. tbsp. | 30                | 17.9             | 1.11     | 4.6            | 7.72   | 71.8           | 1.06                | 4.3            | 81                 | 269                        |  |
| Cheese:                 |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| American, pale          | a. h.    | 1 cu. in.  | 20                | 6.32             | 5.70     | 23.6           | 7.18   | 66.7           | .06                 | .2             | 91                 | 453                        |  |
| Camembert <sup>4</sup>  | a. h.    | 1 h. tsp.  | 20                | 9.72             | 4.20     | 17.2           | 4.34   | 40.4           | .....               | .....          | 58                 | 290                        |  |
| Cheddar                 | a. h.    | 1 "        | 20                | 5.48             | 5.54     | 23.7           | 7.36   | 67.5           | .82                 | 3.4            | 95                 | 473                        |  |
| Cheshire                | a. h.    | 1 "        | 20                | 7.42             | 5.38     | 22.1           | 6.14   | 57.1           | .18                 | .7             | 80                 | 399                        |  |
| Dutch                   | a. h.    | 2 scoops.  | 20                | 7.04             | 7.42     | 30.4           | 3.54   | 32.9           | .....               | .....          | 63                 | 316                        |  |
| Fromage de Brie         | a. h.    | 1 cu. in.  | 20                | 12.04            | 3.18     | 13.0           | 4.20   | 39.1           | .28                 | 1.2            | 53                 | 267                        |  |
| Full cream              | a. h.    | 1 "        | 20                | 6.84             | 5.18     | 21.2           | 6.74   | 62.7           | .48                 | 2.0            | 86                 | 430                        |  |
| Limburger               | a. h.    | 1 "        | 20                | 8.42             | 4.60     | 18.9           | 5.88   | 54.7           | .08                 | .3             | 74                 | 369                        |  |
| Neuchatel               | a. h.    | 1 "        | 20                | 10.00            | 3.74     | 15.3           | 5.48   | 51.0           | .30                 | 1.2            | 68                 | 337                        |  |
| Pineapple               | a. h.    | 2 scoops.  | 20                | 4.60             | 5.98     | 24.5           | 7.78   | 72.4           | .52                 | 2.1            | 99                 | 495                        |  |
| Roquefort               | a. h.    | 1 cu. in.  | 20                | 7.86             | 4.52     | 18.5           | 5.90   | 54.9           | .36                 | 1.5            | 75                 | 375                        |  |
| Stilton <sup>4</sup>    | a. h.    | 2 scoops.  | 20                | 5.52             | 4.78     | 19.6           | 7.78   | 72.4           | .....               | .....          | 92                 | 460                        |  |
| Swiss                   | a. h.    | 1 slice.   | 20                | 6.28             | 5.52     | 22.6           | 6.98   | 64.9           | .26                 | 1.1            | 89                 | 443                        |  |
| Koumiss                 | a. h.    | wineglass. | 130               | 116.09           | 3.64     | 14.9           | 2.73   | 25.4           | 7.02                | 28.7           | 69                 | 53                         |  |



TABLE II.—Continued.

| Food Stuffs.                          | Portion. | Quantity.       | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |  |
|---------------------------------------|----------|-----------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|--|
|                                       |          |                 |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |  |
| 5. VEGETABLES.                        |          |                 |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| Artichokes, French <sup>4</sup> ..... | a. h.    | 1 artichoke.    | 360               | 329.80           | 6.48     | 26.6           | .29    | 2.7            | 16.56               | 67.9           | 97                 | 27                         |  |
| Asparagus, canned.....                | a. h.    | .....           | 125               | 118.00           | 1.88     | 7.7            | .13    | 1.2            | 3.50                | 14.4           | 23                 | 19                         |  |
| Beans:                                |          |                 |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| Baked, home made.....                 | a. h.    | 3 h. tbsp.      | 150               | 91.17            | 10.83    | 44.4           | 12.76  | 118.7          | 32.84               | 134.6          | 298                | 199                        |  |
| Baked, canned.....                    | a. h.    | 3 " "           | 115               | 79.24            | 7.94     | 32.6           | 2.88   | 26.8           | 22.54               | 92.4           | 152                | 132                        |  |
| Butter <sup>5</sup> .....             | a. h.    | 4 " "           | 80                | 62.78            | 3.78     | 15.5           | .24    | 2.2            | 11.60               | 47.6           | 65                 | 81                         |  |
| Lima <sup>5</sup> .....               | a. h.    | 2 " "           | 80                | 48.10            | 6.40     | 26.2           | .54    | 5.0            | 23.60               | 96.8           | 128                | 160                        |  |
| Red kidney, canned.....               | a. h.    | 2 " "           | 70                | 50.89            | 4.90     | 20.1           | .14    | 1.3            | 12.95               | 53.1           | 75                 | 106                        |  |
| String.....                           | a. h.    | 2 " "           | 60                | 57.18            | .48      | 2.0            | .66    | 6.1            | 1.14                | 4.7            | 13                 | 21                         |  |
| Beets.....                            | a. h.    | 2 " "           | 70                | 62.02            | 1.61     | 6.6            | .07    | .7             | 5.18                | 21.2           | 29                 | 41                         |  |
| Beet greens.....                      | a. h.    | 2 " "           | 100               | 89.50            | 2.20     | 9.0            | 3.40   | 31.6           | 3.20                | 13.1           | 54                 | 54                         |  |
| Cabbage <sup>4</sup> .....            | a. h.    | 3 " "           | 100               | 97.40            | .60      | 2.5            | .10    | .9             | .40                 | 1.6            | 5                  | 5                          |  |
| Carrots <sup>4</sup> .....            | a. h.    | 3 " "           | 100               | 93.40            | .53      | 2.2            | .17    | 1.6            | 3.39                | 13.9           | 18                 | 18                         |  |
| Cauliflower <sup>12</sup> .....       | a. h.    | 2 " "           | 120               | 117.48           | 1.08     | 4.4            | .12    | 1.1            | .48                 | 2.0            | 8                  | 7                          |  |
| Celery, creamed <sup>4</sup> .....    | a. h.    | 3 " "           | 90                | 78.90            | 1.42     | 5.8            | 4.98   | 46.3           | 3.46                | 14.2           | 66                 | 73                         |  |
| Celery, uncooked.....                 | a. h.    | 3 small stalks. | 55                | 41.60            | .50      | 2.1            | .05    | .5             | 1.43                | 5.9            | 8                  | 19                         |  |
| Corn, canned.....                     | a. h.    | 2 h. tbsp.      | 100               | 76.10            | 2.80     | 11.5           | 1.20   | 11.2           | 19.00               | 77.9           | 101                | 101                        |  |
| Corn, green <sup>5</sup> .....        | a. h.    | 1 ear.          | 100               | 76.25            | 3.07     | 12.6           | 1.10   | 10.2           | 18.78               | 77.0           | 100                | 100                        |  |
| Cucumber, uncooked.....               | a. h.    | 8 thin slices.  | 50                | 47.70            | .40      | 1.6            | .10    | .9             | 1.55                | 6.4            | 9                  | 18                         |  |
| Dandelion greens <sup>5</sup> .....   | a. h.    | 2 h. tbsp.      | 100               | 81.40            | 2.39     | 9.8            | 1.01   | 9.4            | 10.67               | 43.8           | 63                 | 63                         |  |

TABLE II.—Continued.

| Food Stuffs.                 | Portion. | Quantity.            | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|------------------------------|----------|----------------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                              |          |                      |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Mushrooms, broiled.....      | a. h.    | 2 large on<br>toast. | 57                | 30.58            | 3.52     | 14.4           | 8.94   | 83.1           | 12.85               | 52.7           | 150                | 263                        |
| Mushrooms, uncooked.....     | .....    | 2 large.             | 45                | 39.65            | 1.58     | 6.5            | .18    | 1.7            | 3.06                | 12.5           | 21                 | 46                         |
| Onions.....                  | a. h.    | 1 onion.             | 100               | 91.20            | 1.20     | 4.9            | 1.80   | 16.7           | 4.90                | 20.1           | 42                 | 42                         |
| Parsnips <sup>4</sup> .....  | a. h.    | 4 slices.            | 100               | 97.28            | .22      | .9             | .29    | 2.7            | 1.46                | 6.0            | 10                 | 10                         |
| Peas, green.....             | a. h.    | 3 h. tbsp.           | 92                | 67.90            | 6.16     | 25.3           | 3.13   | 29.1           | 13.43               | 55.1           | 110                | 119                        |
| Potatoes, sweet, boiled..... | a. h.    | a. size.             | 100               | 51.90            | 3.00     | 12.3           | 2.10   | 19.5           | 42.1                | 172.6          | 204                | 204                        |
| Potatoes, white:             |          |                      |                   |                  |          |                |        |                |                     |                |                    |                            |
| Baked <sup>5</sup> .....     | a. h.    | m. size.             | 130               | 90.87            | 3.77     | 15.5           | .20    | 1.9            | 32.07               | 131.5          | 149                | 114                        |
| Boiled.....                  | a. h.    | " "                  | 150               | 113.25           | 3.75     | 15.4           | .15    | 1.4            | 31.35               | 128.5          | 145                | 97                         |
| Chips.....                   | a. h.    | 3 h. tbsp.           | 50                | 1.10             | 3.40     | 13.9           | 19.90  | 185.1          | 23.35               | 95.7           | 295                | 589                        |
| Creamed.....                 | a. h.    | 4 " "                | 115               | 85.79            | 3.61     | 14.8           | 5.17   | 48.1           | 19.07               | 78.2           | 141                | 123                        |
| Mashed and creamed.....      | a. h.    | 2 " "                | 100               | 75.10            | 2.60     | 10.7           | 3.00   | 27.9           | 17.80               | 73.0           | 112                | 112                        |
| Squash <sup>5</sup> .....    | a. h.    | 2 " "                | 100               | 83.62            | 1.36     | 5.6            | .82    | 7.6            | 13.60               | 55.8           | 69                 | 69                         |
| Spinach.....                 | a. h.    | 2 " "                | 100               | 89.80            | 2.10     | 8.6            | 4.10   | 38.1           | 2.60                | 10.7           | 57                 | 57                         |
| Tomatoes, canned.....        | a. h.    | 2 " "                | 70                | 65.80            | .84      | 3.4            | .14    | 1.3            | 2.80                | 1.4            | 16                 | 23                         |
| Tomatoes, uncooked.....      | a. h.    | m. size.             | 200               | 188.06           | 2.40     | 9.8            | .40    | 3.7            | 8.00                | 32.8           | 46                 | 23                         |
| Turnips <sup>4</sup> .....   | a. h.    | 2 h. tbsp.           | 140               | 136.15           | .45      | 1.8            | .08    | .7             | .91                 | 3.7            | 6                  | 4                          |

TABLE II.—Continued.

| Food Stuffs.                        | Portion. | Quantity.    | Weight. |                  | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |  |
|-------------------------------------|----------|--------------|---------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|--|
|                                     |          |              | Grams.  | Water.<br>Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |  |
| 6. FRUITS.                          |          |              |         |                  |          |                |        |                |                     |                |                    |                            |  |
| A. <i>Fresh</i> , as purchased:     |          |              |         |                  |          |                |        |                |                     |                |                    |                            |  |
| Apple.....                          | a. h.    | a. size.     | 150     | 94.95            | .45      | 1.8            | .45    | 4.2            | 16.20               | 66.4           | 72                 | 49                         |  |
| Banana.....                         | a. h.    | a. "         | 194     | 94.86            | 1.55     | 6.4            | .78    | 7.3            | 27.74               | 113.7          | 127                | 66                         |  |
| Blackberries.....                   | a. h.    | 3 h. tbsp.   | 100     | 86.30            | 1.30     | 5.3            | 1.00   | 9.3            | 10.90               | 44.7           | 59                 | 59                         |  |
| Cantaloupe.....                     | a. h.    | ½ melon.     | 465     | 232.50           | 1.40     | 5.7            | .....  | .....          | 21.39               | 87.7           | 93                 | 20                         |  |
| Cherries.....                       | a. h.    | About ¼ lb.  | 100     | 76.80            | .90      | 3.7            | .80    | 7.4            | 15.90               | 65.2           | 76                 | 76                         |  |
| Currants.....                       | a. h.    | 4 h. tbsp.   | 100     | 85.00            | 1.50     | 6.2            | .....  | .....          | 12.80               | 52.5           | 59                 | 59                         |  |
| Grapefruit.....                     | a. h.    | ½ large.     | 300     | .....            | 2.37     | 9.7            | .60    | 5.6            | 30.27               | 124.1          | 139                | 46                         |  |
| Grapes.....                         | a. h.    | 1 bunch.     | 150     | 87.00            | 1.50     | 6.2            | 1.80   | 16.7           | 21.60               | 88.6           | 112                | 74                         |  |
| Gooseberries <sup>6</sup> .....     | a. h.    | 4 h. tbsp.   | 90      | 77.04            | .90      | 3.7            | .....  | .....          | 11.79               | 48.3           | 52                 | 56                         |  |
| Huckleberries.....                  | a. h.    | 4 " "        | 100     | 81.90            | .60      | 2.5            | .60    | 5.6            | 16.60               | 68.1           | 76                 | 76                         |  |
| Lemon.....                          | .....    | a. size.     | 130     | 81.25            | .91      | 3.7            | .65    | 6.0            | 7.67                | 31.4           | 41                 | 32                         |  |
| Orange.....                         | a. h.    | a. "         | 250     | 158.50           | 1.50     | 6.2            | .25    | 2.3            | 21.25               | 87.1           | 96                 | 37                         |  |
| Peach.....                          | a. h.    | a. "         | 128     | 93.82            | .64      | 2.6            | .13    | 1.2            | 9.86                | 40.4           | 44                 | 34                         |  |
| Pear.....                           | a. h.    | a. "         | 156     | 118.56           | .78      | 3.2            | .62    | 5.8            | 19.81               | 81.2           | 90                 | 57                         |  |
| Pineapple, edible por-<br>tion..... | a. h.    | 2 slices.    | 100     | 89.30            | .40      | 1.6            | .30    | 2.8            | 9.70                | 39.8           | 44                 | 44                         |  |
| Plum.....                           | a. h.    | a. size.     | 35      | 26.07            | .32      | 1.3            | .....  | .....          | 6.69                | 27.4           | 29                 | 81                         |  |
| Raspberries.....                    | a. h.    | 3 h. tbsp.   | 82      | 70.36            | .82      | 3.4            | .....  | .....          | 10.33               | 42.3           | 46                 | 56                         |  |
| Strawberries.....                   | a. h.    | 4 " "        | 100     | 90.40            | 1.00     | 4.1            | .60    | 5.6            | 7.40                | 30.3           | 40                 | 40                         |  |
| Watermelon.....                     | a. h.    | Large slice. | 300     | 112.50           | .60      | 2.5            | .30    | 2.8            | 8.10                | 33.2           | 39                 | 13                         |  |

TABLE II.—Continued.

| Food Stuffs.                     | Portion. | Quantity.                  | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |  |
|----------------------------------|----------|----------------------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|--|
|                                  |          |                            |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |  |
| B. Dried, as purchased:          |          |                            |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| Apricots.....                    | .....    | 10 large.                  | 80                | 23.52            | 3.76     | 15.4           |        | .80            | 50.00               | 205.0          | 228                | 284                        |  |
| Dates.....                       | .....    | 10 "                       | 83                | 11.45            | 1.58     | 6.5            |        | 2.08           | 58.60               | 240.3          | 266                | 320                        |  |
| Figs.....                        | .....    | 10 "                       | 195               | 36.66            | 8.38     | 34.4           |        | .58            | 144.69              | 592.8          | 633                | 325                        |  |
| Prunes.....                      | .....    | 10 very large.             | 200               | 38.00            | 3.60     | 14.8           |        | .....          | 124.40              | 510.0          | 525                | 262                        |  |
| Raisins.....                     | .....    | 10 "                       | 25                | 3.28             | .57      | 2.3            |        | .75            | 17.13               | 70.2           | 80                 | 318                        |  |
| C. Stewed, Jellies, etc.*        |          |                            |                   |                  |          |                |        |                |                     |                |                    |                            |  |
| Apple, baked <sup>5</sup> .....  | a. h.    | 1 large.                   | 120               | 88.67            | .61      | 2.5            |        | .58            | 29.30               | 120.1          | 128                | 107                        |  |
| Apple sauce.....                 | a. h.    | 3 h. tbsp.                 | 125               | 76.38            | .25      | 1.0            |        | 1.00           | 46.50               | 190.7          | 201                | 161                        |  |
| Apricot sauce.....               | a. h.    | 3 "                        | 112               | 50.62            | 2.13     | 8.7            |        | 1.46           | 54.66               | 224.1          | 246                | 220                        |  |
| Cranberries, stewed..            | a. h.    | 2 h. tbsp.                 | 100               | 60.70            | 0.27     | 1.1            |        | 0.41           | 36.00               | 147.6          | 153                | 153                        |  |
| Currant jelly <sup>5</sup> ..... | a. h.    | 1 "                        | 35                | 7.23             | .36      | 1.5            |        | .....          | 27.16               | 111.4          | 113                | 323                        |  |
| Figs, stewed.....                | a. h.    | 3 figs.                    | 125               | 70.62            | 1.50     | 6.2            |        | .38            | 51.13               | 209.6          | 219                | 173                        |  |
| Marmalade, orange..              | a. h.    | 1 h. tbsp.                 | 30                | 4.35             | .18      | .7             |        | .03            | 25.35               | 103.9          | 105                | 349                        |  |
| Prune sauce.....                 | a. h.    | 4 very large<br>and juice. | 200               | 153.20           | 1.00     | 4.1            |        | .20            | 44.60               | 182.9          | 189                | 95                         |  |
| Rhubarb, stewed....              | a. h.    | 2 h. tbsp.                 | 90                | 56.26            | .40      | 1.6            |        | .47            | 32.40               | 132.8          | 139                | 154                        |  |

\* Sugar used in preparation of the stewed fruits and jellies is included in the calculations.

TABLE II.—Continued.

| Food Stuffs.             | Portion.   | Quantity.   | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|--------------------------|------------|-------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                          |            |             | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| 7. BREAD, CRACKERS, ETC. |            |             |         |        |          |                |        |                |                     |                |                    |                            |
| A. Bread:                |            |             |         |        |          |                |        |                |                     |                |                    |                            |
| Brown, baker's.....      | 1 slice.   | 4x4x½ in.   | 80      | 34.88  | 4.32     | 17.7           | 1.44   | 13.4           | 37.68               | 154.5          | 186                | 231                        |
| Corn (johnnycake)...     | 1 "        | 3x2x¾ "     | 39      | 15.17  | 3.08     | 12.6           | 1.83   | 17.0           | 18.06               | 74.1           | 104                | 266                        |
| Rye.....                 | 1 "        | 3½x3x½ in.  | 39      | 13.92  | 3.51     | 14.4           | .23    | 2.1            | 20.74               | 85.0           | 102                | 260                        |
| Wheat:                   |            |             |         |        |          |                |        |                |                     |                |                    |                            |
| Buns, cinnamon....       | 1 bun.     | .....       | 45      | 10.62  | 4.23     | 17.3           | 3.24   | 30.1           | 26.59               | 109.0          | 156                | 347                        |
| Buns, currant.....       | 1 "        | .....       | 50      | 13.75  | 3.35     | 13.7           | 3.80   | 35.3           | 28.80               | 118.1          | 167                | 334                        |
| Gluten.....              | 1 slice.   | 3½x2¾x½ in. | 39      | 14.90  | 3.63     | 14.9           | .55    | 5.1            | 19.42               | 79.6           | 100                | 256                        |
| Graham.....              | 1 "        | 3¾x2¾x½ "   | 37      | 13.21  | 3.29     | 13.5           | .67    | 6.2            | 19.28               | 79.1           | 99                 | 267                        |
| Biscuits, home made      | 1 biscuit. | .....       | 35      | 11.52  | 3.05     | 12.5           | .91    | 8.5            | 19.36               | 79.4           | 100                | 287                        |
| Biscuits, soda.....      | 1 "        | .....       | 38      | 8.70   | 3.53     | 14.5           | 5.21   | 48.5           | 19.99               | 82.0           | 145                | 381                        |
| Rolls, French.....       | 1 roll.    | .....       | 39      | 12.48  | 3.32     | 13.6           | .98    | 9.1            | 21.72               | 89.1           | 112                | 287                        |
| Rolls, Vienna.....       | 1 "        | .....       | 45      | 14.27  | 3.83     | 15.7           | .99    | 9.2            | 25.43               | 104.3          | 129                | 287                        |
| Toasted.....             | ½ slice.   | 4x2x¼ in.   | 10      | 2.40   | 1.15     | 4.7            | .16    | 1.5            | 6.12                | 25.1           | 31                 | 313                        |
| White, baker's....       | 1 "        | 3½x3x½ in.  | 30      | 10.59  | 2.76     | 11.3           | .39    | 3.6            | 15.93               | 65.3           | 80                 | 268                        |
| White, home made.        | 1 "        | 3x4x½ in.   | 37      | 12.95  | 3.37     | 13.8           | .59    | 5.5            | 19.72               | 80.9           | 100                | 270                        |
| Whole wheat.....         | 1 "        | 3½x3½x½ in. | 42      | 16.13  | 4.07     | 16.7           | .38    | 3.5            | 20.87               | 85.6           | 106                | 251                        |
| Zwieback.....            | 1 "        | 3½x2x½ in.  | 15      | .87    | 1.47     | 6.0            | 1.49   | 13.9           | 11.03               | 45.2           | 65                 | 434                        |

TABLE II.—Continued.

| Food Stuffs.        | Portion.   | Quantity.   | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|---------------------|------------|-------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                     |            |             |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| B. Crackers:        |            |             |                   |                  |          |                |        |                |                     |                |                    |                            |
| Boston (split)..... | 1 cracker  | d. 2 in.    | 10                | .75              | 1.10     | 4.5            | .85    | 7.9            | 7.11                | 29.2           | 42                 | 416                        |
| Butter .....        | 1 "        | d. 2 "      | 4                 | .29              | .38      | 1.6            | .40    | 3.7            | 2.86                | 11.7           | 17                 | 427                        |
| Cream lunch.....    | 1 "        | d. 3 "      | 13                | .88              | 1.26     | 5.2            | 1.57   | 14.6           | 9.06                | 37.2           | 57                 | 439                        |
| Graham .....        | 1 "        | 3 in. sq.   | 8                 | .43              | .80      | 3.3            | .75    | 7.0            | 5.9                 | 24.2           | 34                 | 429                        |
| Oatmeal.....        | 1 "        | 3 "         | 10                | .63              | 1.18     | 4.8            | 1.11   | 10.3           | 6.90                | 28.3           | 43                 | 434                        |
| Oyster .....        | 10 cr'k'rs | d. 1 in.    | 11                | .53              | 1.24     | 5.1            | 1.16   | 10.8           | 7.76                | 31.8           | 48                 | 433                        |
| Pilot bread.....    | 1 cracker  | d. 5 "      | 33                | 2.87             | 3.66     | 15.0           | 1.65   | 15.4           | 24.49               | 100.4          | 131                | 397                        |
| Pretzels .....      | 1 "        | .....       | 6                 | .58              | .58      | 2.4            | .23    | 2.1            | 4.37                | 17.9           | 22                 | 375                        |
| Saltines.....       | 1 "        | 2 in. sq.   | 3                 | .17              | .32      | 1.3            | .38    | 3.5            | 2.06                | 8.4            | 13                 | 492                        |
| Soda:               |            |             |                   |                  |          |                |        |                |                     |                |                    |                            |
| Educators.....      | 1 "        | 2 "         | 3                 | .08              | .97      | 4.0            | .....  | .....          | 1.39                | 5.7            | 10                 | 333                        |
| Unecda biscuits...  | 1 "        | 3 "         | 6                 | .35              | .59      | 2.4            | .55    | 5.1            | 4.38                | 17.7           | 25                 | 424                        |
| Zephyrs.....        | 1 "        | 3½ in. sq.  | 10                | .59              | .98      | 4.0            | .91    | 8.5            | 7.31                | 30.0           | 43                 | 424                        |
| C. Sandwiches:      |            |             |                   |                  |          |                |        |                |                     |                |                    |                            |
| Chicken.....        | a. h.      | 1 sandwich. | 70                | 33.95            | 8.61     | 35.3           | 3.78   | 35.2           | 22.47               | 92.1           | 163                | 232                        |
| Egg.....            | a. h.      | 1 "         | 100               | 41.40            | 9.60     | 39.4           | 12.70  | 118.1          | 34.50               | 141.5          | 299                | 299                        |
| Ham.....            | a. h.      | 1 "         | 70                | 24.15            | 7.28     | 29.8           | 10.07  | 93.7           | 26.65               | 109.3          | 233                | 332                        |

TABLE II.—Continued.

| Food Stuffs.                                            | Portion. | Quantity.  | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|---------------------------------------------------------|----------|------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                                         |          |            | Grams.  | Grams. | Grams.   | Calo-<br>ries. | Grams. | Calo-<br>ries. | Grams.              | Calo-<br>ries. |                    |                            |
| 8. BREAKFAST FOODS,<br>MILK GRUELS, ETC.*               |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Cream toast.....                                        | a. h.    | 2 slices.  | 136     | 71.28  | 9.03     | 37.0           | 14.60  | 135.8          | 37.15               | 152.3          | 325                | 238                        |
| Ingredients:<br>2 slices toast.<br>5 tbsp. cream sauce. |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Farina.....                                             | a. h.    | 2 h. tbsp. | 100     | 86.63  | 1.65     | 6.8            | .21    | 2.0            | 11.45               | 47.0           | 56                 | 56                         |
| Force <sup>4</sup> .....                                | a. h.    | 5 " "      | 18      | 1.67   | 1.70     | 7.0            | .24    | 2.2            | 13.87               | 56.9           | 66                 | 367                        |
| Grapenuts <sup>4</sup> .....                            | a. h.    | 5 " "      | 65      | 4.02   | 7.78     | 31.9           | .40    | 3.7            | 51.51               | 211.2          | 247                | 380                        |
| Gruels (milk):                                          |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Arrowroot.....                                          | a. h.    | 4 h. tbsp. | 200     | 155.78 | 8.25     | 33.8           | 10.00  | 93.0           | 24.20               | 99.2           | 226                | 113                        |
| Ingredients:<br>1 tbsp. arrowroot.<br>1 c. milk.        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Barley.....                                             | a. h.    | 4 " "      | 120     | 93.12  | 5.94     | 24.4           | 6.41   | 59.6           | 13.25               | 54.3           | 138                | 115                        |
| Ingredients:<br>1 tbsp. barley flour.<br>1 1/4 c. milk. |          |            |         |        |          |                |        |                |                     |                |                    |                            |

\* The sugar, milk or cream, with which any of this group may be served, is not considered and their caloric value must therefore be added when used.

TABLE II.—Continued.

| Food Stuffs.                        | Portion. | Quantity.  | Weight. |                  | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|-------------------------------------|----------|------------|---------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                     |          |            | Grams.  | Water.<br>Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Gruels (milk)—Continued.            |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| Cornmeal.....                       | a. h.    | 4 h. tbsp. | 115     | 96.76            | 3.85     | 15.8           | 4.11   | 38.2           | 9.52                | 39.0           | 93                 | 81                         |
| Ingredients:                        |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| 2 tbsp. white corn-<br>meal.        |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| 2 c. milk.                          |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| Oatmeal.....                        | a. h.    | 2 “        | 100     | 59.81            | 8.72     | 35.8           | 8.10   | 75.3           | 21.83               | 89.5           | 201                | 201                        |
| Ingredients:                        |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| 3 tbsp. oatmeal.                    |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| 2 c. milk.                          |          |            |         |                  |          |                |        |                |                     |                |                    |                            |
| Hominy, boiled.....                 | a. h.    | 2 “        | 100     | 79.30            | 2.20     | 9.0            | .20    | 1.9            | 17.80               | 73.0           | 84                 | 84                         |
| H-O, boiled <sup>4</sup> .....      | a. h.    | 2 “        | 100     | 84.07            | 2.42     | 9.9            | 1.45   | 13.5           | 11.76               | 48.2           | 72                 | 72                         |
| Indian meal mush.....               | a. h.    | 3 “        | 115     | 92.90            | 2.10     | 8.6            | 1.18   | 11.0           | 18.50               | 75.9           | 96                 | 83                         |
| Macaroni, boiled.....               | a. h.    | 2 “        | 100     | 78.40            | 3.00     | 12.3           | 1.50   | 14.0           | 15.80               | 64.8           | 91                 | 91                         |
| Macaroni, baked with<br>cheese..... | a. h.    | 2 “        | 140     | 54.42            | 19.06    | 78.1           | 20.46  | 190.3          | 43.44               | 178.1          | 447                | 319                        |
| Oatmeal, boiled.....                | a. h.    | 2 “        | 100     | 84.50            | 2.80     | 11.5           | .50    | 4.7            | 11.50               | 47.2           | 63                 | 63                         |
| Puffed rice <sup>13</sup> .....     | a. h.    | 5 “        | 14      | .99              | .87      | 3.6            | .08    | .7             | 12.00               | 49.2           | 54                 | 361                        |
| Rice, boiled.....                   | a. h.    | 1 “        | 100     | 72.50            | 2.80     | 11.5           | 1.10   | .9             | 24.40               | 100.0          | 112                | 112                        |
| Shredded wheat biscuit...           | a. h.    | 1 biscuit. | 29      | 2.35             | 3.05     | 12.5           | .41    | 3.8            | 22.59               | 92.6           | 109                | 375                        |

TABLE II.—Continued.

| Food Stuffs.                                                                                 | Portion. | Quantity.   | Weight.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|----------------------------------------------------------------------------------------------|----------|-------------|-------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                                                                              |          |             |                   | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Spaghetti, baked with to-<br>mato.....<br>Vermicelli, boiled.....<br>Wheat germ, boiled..... | a. h.    | 3 h. tbsp.  | 145               | 4.52     | 18.5           | 2.81   | 26.1           | 25.76               | 105.6          | 150                | 103                        |
|                                                                                              | a. h.    | 2 " "       | 100               | 1.42     | 5.8            | .26    | 2.4            | 9.36                | 38.4           | 47                 | 47                         |
|                                                                                              | a. h.    | 2 " "       | 100               | 1.79     | 7.3            | .34    | 3.2            | 12.92               | 53.0           | 64                 | 64                         |
|                                                                                              |          |             |                   |          |                |        |                |                     |                |                    |                            |
| 9. CAKES, PASTRY, PUD-<br>DINGS, ETC.                                                        |          |             |                   |          |                |        |                |                     |                |                    |                            |
| A. Cakes:                                                                                    |          |             |                   |          |                |        |                |                     |                |                    |                            |
| Chocolate layer.....                                                                         | a. h.    | .....       | 70                | 4.34     | 17.8           | 5.67   | 52.7           | 44.87               | 184.0          | 255                | 364                        |
| Frosted.....                                                                                 | 1 slice. | 1x1½x3 in.  | 40                | 2.36     | 9.7            | 3.60   | 33.5           | 25.92               | 106.1          | 149                | 374                        |
| Fruit.....                                                                                   | 1 "      | 2¾x2¾x½ in. | 44                | 2.60     | 10.7           | 4.80   | 44.6           | 28.20               | 115.6          | 171                | 388                        |
| Gingerbread.....                                                                             | 1 "      | 2x3x1 in.   | 60                | 3.48     | 14.3           | 5.40   | 50.2           | 38.10               | 156.2          | 221                | 368                        |
| Sponge.....                                                                                  | 1 "      | 2x3½x½ in.  | 23                | 1.45     | 6.0            | 2.46   | 22.9           | 15.16               | 62.2           | 91                 | 396                        |
| B. Pastry:                                                                                   |          |             |                   |          |                |        |                |                     |                |                    |                            |
| Pie:                                                                                         |          |             |                   |          |                |        |                |                     |                |                    |                            |
| Apple.....                                                                                   | a. h.    | 1½ pie.     | 126               | 3.91     | 16.0           | 12.35  | 114.9          | 53.93               | 221.1          | 352                | 280                        |
| Cream.....                                                                                   | a. h.    | 1½ "        | 126               | 5.54     | 22.7           | 14.36  | 133.6          | 64.51               | 264.5          | 421                | 334                        |
| Custard.....                                                                                 | a. h.    | 1½ "        | 133               | 5.59     | 23.0           | 8.38   | 77.9           | 34.71               | 142.3          | 243                | 183                        |
| Lemon.....                                                                                   | a. h.    | 1½ "        | 110               | 3.96     | 16.2           | 11.11  | 103.3          | 41.14               | 168.7          | 288                | 262                        |

TABLE II.—Continued.

| Food Stuffs.                 | Portion. | Quantity.  | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|------------------------------|----------|------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                              |          |            |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Pie—Continued.               |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Mince .....                  | a. h.    | 1/6 pie.   | 113               | 46.67            | 6.55     | 26.9           | 13.90  | 129.3          | 43.05               | 176.5          | 333                | 294                        |
| Squash .....                 | a. h.    | 1/6 "      | 133               | 83.39            | 5.85     | 24.0           | 11.17  | 103.9          | 28.86               | 118.3          | 246                | 185                        |
| C. <i>Puddings:</i>          |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Bread pudding .....          | a. h.    | 2 h. tbsp. | 105               | 55.00            | 5.52     | 22.6           | 4.79   | 44.6           | 38.48               | 157.8          | 225                | 214                        |
| Ingredients:                 |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 c. bread crumbs.           |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 c. milk.                   |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 egg.                       |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1/2 c. sugar.                |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1/4 c. raisins.              |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Chocolate pudding...         |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Ingredients:                 |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 oz. chocolate.             |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 2 h. tbsp. sugar.            |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 1/2 tbsp. corn-<br>starch. |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 c. milk.                   |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| White 1 egg.                 |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
|                              | a. h.    | 2 "        | 95                | 53.45            | 4.99     | 20.5           | 7.90   | 73.5           | 27.83               | 114.1          | 208                | 219                        |



TABLE II.—Continued.

| Food Stuffs.                  | Portion. | Quantity.  | Weight. |        | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|-------------------------------|----------|------------|---------|--------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                               |          |            | Grams.  | Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| <i>C. Puddings—Continued.</i> |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Soft custard . . . . .        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Ingredients:                  |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Yolk 1 egg.                   |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| $\frac{1}{2}$ c. milk.        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 1 h. tbsp. sugar              | a. h.    | 4 tbsp.    | 60      | 36.01  | 4.39     | 18.0           | 6.84   | 63.7           | 12.12               | 49.7           | 131                | 219                        |
| Indian meal pudding.          |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Ingredients:                  |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| $\frac{3}{4}$ c. milk.        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 3 h. tsp. Indian meal.        | a. h.    | 2 h. tbsp. | 164     | 95.16  | 9.02     | 37.0           | 10.16  | 93.9           | 47.02               | 192.8          | 324                | 197                        |
| $\frac{1}{2}$ c. molasses.    |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 1 h. tbsp. butter.            |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 1 " " sugar.                  |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Snow pudding . . . . .        |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Ingredients:                  |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| $\frac{3}{4}$ c. water.       |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 1 h. tsp. gelatin.            |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 2 h. tbsp. sugar.             |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| 1 tsp. lemon juice.           |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| Lemon rind.                   |          |            |         |        |          |                |        |                |                     |                |                    |                            |
| White 1 egg.                  | a. h.    | 2 " "      | 80      | 63.59  | 4.52     | 18.5           | .03    | .3             | 11.73               | 48.1           | 67                 | 84                         |



TABLE II.—Continued.

| Food Stuffs.                              | Portion.         | Quantity.             | Weight. |                  | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|-------------------------------------------|------------------|-----------------------|---------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                           |                  |                       | Grams.  | Water.<br>Grams. | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| D. <i>Miscellaneous</i> — Con-<br>tinued. |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| Blanc Mange I . . . .                     | a. h.            | 2 h. tbsp.            | 90      | 62.81            | 4.76     | 19.5           | 4.91   | 45.7           | 16.83               | 69.0           | 134                | 149                        |
| Ingredients:                              |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 h. tbsp. corn-<br>starch.               |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 h. tbsp. sugar.                         |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 egg.                                    |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 c. milk.                                |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 tbsp. sherry.                           |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| Blanc Mange II. . . .                     | a. h.            | 2 “                   | 100     | 85.70            | 3.63     | 14.9           | 4.40   | 40.9           | 5.50                | 22.6           | 78                 | 78                         |
| Ingredients:                              |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| $\frac{1}{4}$ c. Irish moss.              |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 2 c. milk.                                |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| Served or cooked<br>with                  |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 tbsp. cream.                            |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| 1 h. tsp. sugar.                          |                  |                       |         |                  |          |                |        |                |                     |                |                    |                            |
| Doughnuts . . . . .                       | 1 dough-<br>nut. | d. $3\frac{1}{2}$ in. | 37      | 6.77             | 2.48     | 10.2           | 7.77   | 72.5           | 19.65               | 80.6           | 163                | 441                        |



TABLE II.—Continued.

| Food Stuffs.                               | Portion. | Quantity.  | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|--------------------------------------------|----------|------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                            |          |            |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| D. Miscellaneous — Con-<br>tinued.         |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Ladyfingers.....                           | 1.       | 4 in.      | 20                | 3.00             | 1.76     | 7.2            | 1.00   | 9.3            | 14.12               | 57.9           | 74                 | 371                        |
| Macaroons.....                             | 1.       | d. 2½ in.  | 10                | 1.23             | .65      | 2.7            | 1.52   | 14.1           | 6.52                | 26.7           | 44                 | 435                        |
| Molasses cookies...                        | 1 cooky. | 4x3 in.    | 20                | 1.24             | 1.44     | 5.9            | 1.74   | 16.2           | 15.14               | 62.1           | 84                 | 421                        |
| Orange ice.....                            | a. h.    | 2 h. tbsp. | 100               | 23.57            | .94      | 3.9            | .23    | 2.1            | 74.68               | 306.2          | 312                | 312                        |
| Ingredients:                               |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 2½ c. orange<br>juice.                     |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| ¼ c. lemon juice.                          |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1½ c. sugar.                               |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| 1 c. water.                                |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Rind 2 oranges.                            |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Prune soufflé.....                         | a. h.    | 2 h. tbsp. | 85                | 61.53            | 3.31     | 13.6           | .65    | 6.0            | 18.95               | 77.7           | 97                 | 114                        |
| Ingredients:                               |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| ½ c. stewed<br>prunes (edible<br>portion). |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| White 1 egg.                               |          |            |                   |                  |          |                |        |                |                     |                |                    |                            |
| Sugar cookies.....                         | 1 cooky. | d. 3 in.   | 11                | .91              | .77      | 3.2            | 1.12   | 10.4           | 8.05                | 33.0           | 47                 | 423                        |



TABLE II.—Continued.

[illegible]



TABLE II.—Continued.

| Food Stuffs.                          | Portion. | Quantity. | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|---------------------------------------|----------|-----------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                       |          |           |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| 11. MISCELLANEOUS SWEETS.             |          |           |                   |                  |          |                |        |                |                     |                |                    |                            |
| Honey                                 | .....    | 1 tbsp.   | 30                | 5.46             | .12      | .5             | .....  | .....          | 24.36               | 100.0          | 101                | 335                        |
| Maple syrup                           | .....    | 1 "       | 30                | .....            | .....    | .....          | .....  | .....          | 21.40               | 87.9           | 88                 | 293                        |
| Sugar:                                |          |           |                   |                  |          |                |        |                |                     |                |                    |                            |
| Cube                                  | .....    | 1 cube.   | 7                 | .....            | .....    | .....          | .....  | .....          | 7.00                | 28.7           | 29                 | 410                        |
| Domino                                | .....    | 1 domino. | 6                 | .....            | .....    | .....          | .....  | .....          | 6.00                | 24.6           | 25                 | 410                        |
| Granulated                            | .....    | 1 h. tsp. | 10                | .....            | .....    | .....          | .....  | .....          | 10.00               | 41.0           | 41                 | 410                        |
| Powdered                              | .....    | 1 "       | 12                | .....            | .....    | .....          | .....  | .....          | 12.00               | 49.2           | 49                 | 410                        |
| Maple                                 | .....    | 1 cake.   | 100               | .....            | .....    | .....          | .....  | .....          | 82.80               | 339.4          | 339                | 339                        |
| 12. NUTS.                             |          |           |                   |                  |          |                |        |                |                     |                |                    |                            |
| Almonds                               | .....    | 10 large. | 15                | .72              | 3.15     | 12.9           | 8.23   | 76.5           | 2.60                | 10.7           | 100                | 668                        |
| Brazil nuts                           | .....    | 10 "      | 60                | 3.18             | 10.20    | 41.8           | 40.08  | 372.7          | 4.20                | 17.2           | 432                | 720                        |
| Chestnuts, roasted, as pur-<br>chased | Handful  | 20 nuts.  | 50                | 18.90            | 2.60     | 10.7           | 2.25   | 20.9           | 17.70               | 72.6           | 104                | 208                        |
| Cocoanut                              | 1 slice. | 2x2x½ in. | 34                | 4.79             | 1.94     | 8.0            | 17.20  | 160.0          | 9.49                | 38.9           | 207                | 608                        |
| Filberts                              | .....    | 10 nuts.  | 10                | .37              | 1.56     | 6.4            | 6.53   | 60.7           | 1.30                | 5.3            | 72                 | 725                        |
| Peanuts, as purchased                 | Handful  | 15 "      | 30                | 2.07             | 5.85     | 24.0           | 8.73   | 81.2           | 5.55                | 22.8           | 128                | 427                        |



TABLE II.—Continued.

| Food Stuffs                                                                                                                                | Portion. | Quantity.      | Weight.<br>Grams. | Water.<br>Grams. | Protein. |                | Fats.  |                | Carbo-<br>hydrates. |                | Total<br>Calories. | Calories per<br>100 Grams. |
|--------------------------------------------------------------------------------------------------------------------------------------------|----------|----------------|-------------------|------------------|----------|----------------|--------|----------------|---------------------|----------------|--------------------|----------------------------|
|                                                                                                                                            |          |                |                   |                  | Grams.   | Calor-<br>ies. | Grams. | Calor-<br>ies. | Grams.              | Calor-<br>ies. |                    |                            |
| Eggnog.....<br>Ingredients:<br>1 egg.<br>1 h. tbsp. sugar.<br>$\frac{3}{4}$ c. milk.<br>1 tbsp. sherry.                                    | .....    | 1 glass.       | 270               | 212.15           | 13.00    | 53.3           | 12.85  | 119.5          | 29.50               | 121.0          | 294                | 109                        |
| Lemonades:<br>Egg lemonade.....<br>Ingredients:<br>1 egg.<br>2 h. tbsp. sugar.<br>2 tbsp. lemon juice.<br>$\frac{3}{4}$ c. water.          | .....    | 1 large glass. | 314               | 259.20           | 6.70     | 27.5           | 5.25   | 48.8           | 42.35               | 173.6          | 250                | 80                         |
| Lemonade with white of<br>egg.....<br>Ingredients:<br>White 1 egg.<br>2 h. tbsp. sugar.<br>2 tbsp. lemon juice.<br>$\frac{3}{4}$ c. water. | .....    | " "            | 297               | 250.20           | 4.10     | 16.8           | .08    | .7             | 42.35               | 173.6          | 191                | 64                         |



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TABLE III.

## ALCOHOLIC BEVERAGES.\*

(The small numerals in the first column refer to the list of references on page 62.)

| BEVERAGE.                        | Portion.        | Quantity. | Alcohol.                |      | Total<br>Extracts.<br>Per cent. | Total<br>Fuel<br>Value.<br>Calories. | Calories<br>per<br>100<br>Grams. |
|----------------------------------|-----------------|-----------|-------------------------|------|---------------------------------|--------------------------------------|----------------------------------|
|                                  |                 |           | Per cent. by<br>Weight. |      |                                 |                                      |                                  |
| A. DISTILLED LIQUORS.            |                 |           |                         |      |                                 |                                      |                                  |
| Brandy, California.....          | Cordial glass.  | 20 c.c.   | 45.80                   | 0.45 | 65                              | 325                                  |                                  |
| Brandy, cherry.....              | "               | 20 "      | 44.00                   | .01  | 62                              | 310                                  |                                  |
| Brandy, cognac, pure French..... | "               | 20 "      | 55.90                   | .02  | 78                              | 390                                  |                                  |
| Cocktail, Dry Martini.....       | Cocktail glass. | 75 "      | 21.30                   | 6.21 | 131                             | 175                                  |                                  |
| Gin.....                         | .....           | 50 "      | 30.00                   | 5.50 | 116                             | 232                                  |                                  |

\* The enormous variation in the composition of alcoholic liquors has made it exceedingly difficult to choose values which should be accurate and comparable. As a rule, the percentages given are averages of a large number of analyses and if not strictly accurate are as nearly so as it is possible to obtain them. When no authority is given, the figures are averages of those published by one or more authorities and cited by König.

The total extracts are reckoned as sugar, notwithstanding the fact that they comprise other substances than carbohydrates in small amounts which cannot be classed as foods. The percentage of these, however, is so small that the error is negligible.

Alcohol is computed solely on the basis of its function as a food. It must not be overlooked that in more than very moderate quantities it acts as a drug instead, and when taken to excess this action may negative entirely its action as a food, or even interfere with the digestion and absorption of other foods.

TABLE III.—Continued.

| BEVERAGE.                              | Portion.         | Quantity. | Alcohol.<br>Per cent. by<br>Weight. | Total<br>Extracts.<br>Per cent. | Total<br>Fuel<br>Value.<br>Calories. | Calories<br>per<br>100<br>Grams. |
|----------------------------------------|------------------|-----------|-------------------------------------|---------------------------------|--------------------------------------|----------------------------------|
| <b>A. DISTILLED LIQUORS—Continued.</b> |                  |           |                                     |                                 |                                      |                                  |
| Liqueurs:                              |                  |           |                                     |                                 |                                      |                                  |
| Benedictine <sup>5</sup>               | Cordial glass.   | 20 c.c.   | 42.40                               | 35.00                           | 88                                   | 440                              |
| Chartreuse <sup>5</sup>                | "                | 20 "      | 35.20                               | 35.40                           | 78                                   | 390                              |
| Curaçao <sup>5</sup>                   | "                | 20 "      | 42.00                               | 27.90                           | 82                                   | 410                              |
| Crème de Menthe                        | "                | 20 "      | 36.50                               | 28.28                           | 74                                   | 370                              |
| Kümmel                                 | "                | 20 "      | 26.00                               | 29.80                           | 61                                   | 305                              |
| Rum                                    | "                | 50 "      | 43.50                               | .13                             | 153                                  | 306                              |
| Rum, pure Jamaica.                     | "                | 50 "      | 69.61                               | .61                             | 245                                  | 490                              |
| Whiskey, American, genuine             | "                | 50 "      | 43.00                               | .70                             | 152                                  | 304                              |
| Whiskey, European <sup>1</sup>         | "                | 50 "      | 39.00                               | .....                           | 137                                  | 274                              |
| <b>B. WINES AND CIDERS.</b>            |                  |           |                                     |                                 |                                      |                                  |
| 1. <i>American Wines.</i>              |                  |           |                                     |                                 |                                      |                                  |
| California, red <sup>2</sup>           | Claret glass.    | 120 "     | 9.50                                | 3.10                            | 95                                   | 79                               |
| California, white <sup>2</sup>         | "                | 120 "     | 9.00                                | 2.70                            | 89                                   | 74                               |
| Sweet wines:                           |                  |           |                                     |                                 |                                      |                                  |
| Catappa <sup>2</sup>                   | Sherry glass.    | 30 "      | 11.07                               | 5.60                            | 30                                   | 100                              |
| Champagne                              | Champagne glass. | 135 "     | 8.27                                | 9.74                            | 132                                  | 98                               |
| Port, California                       | Sherry glass.    | 30 "      | 14.81                               | 12.17                           | 53                                   | 176                              |
| Sherry, California                     | "                | 30 "      | 14.67                               | 5.53                            | 38                                   | 126                              |

TABLE III.—Continued.

| BEVERAGE.                              | Portion.         | Quantity. | Alcohol.<br>Percent. by<br>Weight. | Total<br>Extracts.<br>Per cent. | Total<br>Fuel<br>Value.<br>Calories. | Calories<br>per<br>100<br>Grams. |
|----------------------------------------|------------------|-----------|------------------------------------|---------------------------------|--------------------------------------|----------------------------------|
| <b>B. WINES AND CIDERS—Continued.</b>  |                  |           |                                    |                                 |                                      |                                  |
| 2. <i>European Wines.</i>              |                  |           |                                    |                                 |                                      |                                  |
| Champagne, dry.....                    | Champagne glass. | 135 c.c.  | 10.42                              | 2.36                            | 112                                  | 83                               |
| French, red (claret).....              | Claret glass.    | 120 "     | 8.16                               | 2.42                            | 81                                   | 67                               |
| French, white.....                     | " "              | 120 "     | 9.48                               | 3.03                            | 95                                   | 79                               |
| Mosel and Saar, white.....             | " "              | 120 "     | 7.36                               | 2.31                            | 73                                   | 61                               |
| Rhein, white.....                      | " "              | 120 "     | 8.12                               | 2.91                            | 83                                   | 69                               |
| Sweet wines:                           |                  |           |                                    |                                 |                                      |                                  |
| Champagne.....                         | Champagne glass. | 135 "     | 9.50                               | 12.88                           | 161                                  | 119                              |
| Madeira.....                           | Sherry glass.    | 30 "      | 15.40                              | 5.52                            | 39                                   | 130                              |
| Malaga.....                            | " "              | 30 "      | 11.93                              | 21.73                           | 52                                   | 173                              |
| Marsala.....                           | " "              | 30 "      | 15.85                              | 5.28                            | 40                                   | 133                              |
| Port.....                              | " "              | 30 "      | 16.69                              | 8.05                            | 45                                   | 150                              |
| Sherry.....                            | " "              | 30 "      | 17.45                              | 3.98                            | 42                                   | 140                              |
| Tokay, fresh.....                      | " "              | 30 "      | 11.19                              | 12.72                           | 39                                   | 130                              |
| 3. <i>Ciders.</i>                      |                  |           |                                    |                                 |                                      |                                  |
| American, sweet <sup>3</sup> .....     | Glass.           | 250 "     | 1.40                               | 8.20                            | 109                                  | 44                               |
| American, fermented <sup>3</sup> ..... | " "              | 250 "     | 5.17                               | 3.88                            | 130                                  | 52                               |

TABLE III.—*Concluded.*

| BEVERAGE.                 | Portion. | Quantity. | Alcohol.                | Total                  | Total                       | Calories<br>per<br>100<br>Grams. |
|---------------------------|----------|-----------|-------------------------|------------------------|-----------------------------|----------------------------------|
|                           |          |           | Per cent. by<br>Weight. | Extracts.<br>Per cent. | Fuel<br>Value.<br>Calories. |                                  |
| <b>C. MALT LIQUORS.</b>   |          |           |                         |                        |                             |                                  |
| 1. <i>American.</i>       |          |           |                         |                        |                             |                                  |
| Ale .....                 | Glass.   | 250 c.c.  | 6.02                    | 4.86                   | 155                         | 62                               |
| Lager beer, bottled ..... |          | 250 "     | 4.53                    | 4.96                   | 130                         | 52                               |
| Lager beer, draft .....   |          | 250 "     | 4.27                    | 4.40                   | 120                         | 48                               |
| Porter .....              |          | 250 "     | 4.46                    | 6.00                   | 140                         | 56                               |
| 2. <i>European.</i>       |          |           |                         |                        |                             |                                  |
| Ale .....                 | "        | 250 "     | 5.27                    | 5.99                   | 154                         | 62                               |
| Bock beer .....           | "        | 250 "     | 4.20                    | 7.10                   | 146                         | 58                               |
| Export beer .....         | "        | 250 "     | 4.29                    | 6.50                   | 142                         | 57                               |
| Light beer .....          | "        | 250 "     | 3.69                    | 5.39                   | 120                         | 48                               |
| Munich, heavy beer .....  | "        | 250 "     | 4.54                    | 9.96                   | 182                         | 73                               |
| Pilsen, export beer ..... | "        | 250 "     | 4.28                    | 4.69                   | 123                         | 49                               |
| Porter (Stout) .....      | "        | 250 "     | 5.16                    | 7.97                   | 172                         | 69                               |
| Weissbeer .....           | "        | 250 "     | 2.79                    | 5.29                   | 103                         | 41                               |

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TABLE IV.  
AVERAGE CHEMICAL COMPOSITION OF AMERICAN FOODS.\*

Abstracted from Atwater and Bryant, United States Department of Agriculture, Office of Experiments Station,  
*Bulletin* No. 28, 1906.

| FOOD MATERIALS.                 | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|---------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                 |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| ANIMAL FOOD.                    |                     |                       |                   |                                  |                   |                        |                               |
| A. BEEF.                        |                     |                       |                   |                                  |                   |                        |                               |
| <i>Fresh.</i>                   |                     |                       |                   |                                  |                   |                        |                               |
| Brisket.....                    | 54.6                | 15.8                  | 28.5              | .....                            | 0.9               | 1,495                  | 330                           |
| Chuck, including shoulder.....  | 65.0                | 19.2                  | 15.4              | .....                            | .9                | 1,005                  | 222                           |
| Flank.....                      | 59.3                | 19.6                  | 21.1              | .....                            | .9                | 1,255                  | 277                           |
| Loin.....                       | 61.3                | 19.0                  | 19.1              | .....                            | 1.0               | 1,155                  | 255                           |
| Sirloin butt, as purchased..... | 62.5                | 19.7                  | 17.7              | .....                            | .9                | 1,115                  | 246                           |
| Porterhouse steak.....          | 60.0                | 21.9                  | 20.4              | .....                            | 1.0               | 1,270                  | 280                           |
| Sirloin steak.....              | 61.9                | 18.9                  | 18.5              | .....                            | 1.0               | 1,130                  | 249                           |
| Tenderloin, as purchased.....   | 59.2                | 16.2                  | 24.4              | .....                            | .3                | 1,330                  | 293                           |
| Ribs.....                       | 57.0                | 17.8                  | 24.6              | .....                            | .9                | 1,370                  | 302                           |
| Round.....                      | 67.8                | 20.9                  | 18.6              | .....                            | 1.1               | 835                    | 184                           |
| Rump.....                       | 57.9                | 18.7                  | 23.1              | .....                            | .9                | 1,325                  | 292                           |

\* Unless otherwise stated, the values in each case are for the edible portion only.

TABLE IV.—Continued.

| FOOD MATERIALS.                             | Water.    |           | Protein.  |           | Fat.      |           | Carbo-<br>hydrates. |           | Ash.      |           | Fuel Value.            |                               |
|---------------------------------------------|-----------|-----------|-----------|-----------|-----------|-----------|---------------------|-----------|-----------|-----------|------------------------|-------------------------------|
|                                             | Per Cent. | Per Cent. | Per Cent. | Per Cent. | Per Cent. | Per Cent. | Per Cent.           | Per Cent. | Per Cent. | Per Cent. | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>                     |           |           |           |           |           |           |                     |           |           |           |                        |                               |
| Shank, fore.....                            | 70.3      | 21.4      | 8.1       | .....     | .....     | .....     | .....               | .....     | .9        | .....     | 740                    | 163                           |
| Shoulder and clod.....                      | 68.9      | 20.0      | 10.3      | .....     | .....     | .....     | .....               | .....     | 1.1       | .....     | 805                    | 177                           |
| Forequarter.....                            | 62.5      | 18.3      | 18.9      | .....     | .....     | .....     | .....               | .....     | .9        | .....     | 1,135                  | 250                           |
| Hindquarter.....                            | 62.2      | 19.3      | 18.3      | .....     | .....     | .....     | .....               | .....     | .9        | .....     | 1,130                  | 249                           |
| <i>Beef Organs.</i>                         |           |           |           |           |           |           |                     |           |           |           |                        |                               |
| Brain.....                                  | 80.6      | 8.8       | 9.3       | .....     | .....     | .....     | .....               | .....     | 1.1       | .....     | 555                    | 122                           |
| Heart.....                                  | 62.6      | 16.0      | 20.4      | .....     | .....     | .....     | .....               | .....     | 1.0       | .....     | 1,160                  | 256                           |
| Kidney.....                                 | 76.7      | 16.6      | 4.8       | .....     | .....     | .....     | .....               | .....     | 1.2       | .....     | 520                    | 115                           |
| Beef liver.....                             | 71.2      | 20.4      | 4.5       | .....     | .....     | .....     | .....               | .....     | 1.6       | .....     | 605                    | 133                           |
| Sweetbreads, as purchased.....              | 70.9      | 16.8      | 12.1      | .....     | .....     | .....     | .....               | .....     | 1.6       | .....     | 825                    | 181                           |
| Suet, as purchased.....                     | 13.7      | 4.7       | 81.8      | .....     | .....     | .....     | .....               | .....     | .3        | .....     | 3,540                  | 780                           |
| Tongue.....                                 | 70.8      | 18.9      | 9.2       | .....     | .....     | .....     | .....               | .....     | 1.0       | .....     | 740                    | 163                           |
| <i>Cooked.</i>                              |           |           |           |           |           |           |                     |           |           |           |                        |                               |
| Scraps, as purchased.....                   | 23.2      | 21.4      | 51.7      | .....     | .....     | .....     | .....               | .....     | 3.5       | .....     | 2,580                  | 569                           |
| Roast, as purchased.....                    | 48.2      | 22.3      | 28.6      | .....     | .....     | .....     | .....               | .....     | 1.3       | .....     | 1,620                  | 357                           |
| Pressed, as purchased.....                  | 44.1      | 23.6      | 27.7      | .....     | .....     | .....     | .....               | .....     | 1.5       | .....     | 1,610                  | 355                           |
| Round steak, fat removed, as purchased..... | 63.0      | 27.6      | 7.7       | .....     | .....     | .....     | .....               | .....     | 1.8       | .....     | 840                    | 185                           |
| Loin steak, tenderloin, broiled.....        | 54.8      | 23.5      | 20.4      | .....     | .....     | .....     | .....               | .....     | 1.2       | .....     | 1,300                  | 287                           |
| Sandwich meat, as purchased.....            | 58.3      | 28.0      | 11.0      | .....     | .....     | .....     | .....               | .....     | 2.8       | .....     | 985                    | 217                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                   | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|-----------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                   |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Canned.</i>                    |                     |                       |                   |                                  |                   |                        |                               |
| Boiled beef, as purchased         | 51.8                | 25.5                  | 22.5              | .....                            | 1.3               | 1,425                  | 314                           |
| Corned beef                       | 51.8                | 26.3                  | 18.7              | .....                            | 4.0               | 1,280                  | 282                           |
| Dried beef, as purchased          | 44.8                | 39.2                  | 5.4               | .....                            | 11.2              | 960                    | 212                           |
| Luncheon beef, as purchased       | 52.9                | 27.6                  | 15.9              | .....                            | 4.8               | 1,185                  | 261                           |
| Roast beef, as purchased          | 58.9                | 25.9                  | 14.8              | .....                            | 1.3               | 1,105                  | 243                           |
| Tongue, whole, as purchased       | 51.3                | 19.5                  | 23.2              | .....                            | 4.0               | 1,340                  | 295                           |
| <i>Corned and Pickled.</i>        |                     |                       |                   |                                  |                   |                        |                               |
| Brisket                           | 50.9                | 18.3                  | 24.7              | .....                            | 5.7               | 1,385                  | 305                           |
| Flank                             | 49.9                | 14.6                  | 33.0              | .....                            | 2.9               | 1,665                  | 367                           |
| Plate                             | 40.1                | 13.7                  | 41.9              | .....                            | 4.7               | 2,025                  | 446                           |
| Rump                              | 58.1                | 15.3                  | 23.3              | .....                            | 3.3               | 1,270                  | 280                           |
| Mess beef, salted                 | 37.0                | 12.6                  | 44.5              | .....                            | 6.5               | 2,110                  | 465                           |
| Corned beef                       | 53.6                | 15.6                  | 26.2              | .....                            | 4.9               | 1,395                  | 308                           |
| Spiced beef, rolled, as purchased | 30.0                | 12.0                  | 51.4              | .....                            | 6.8               | 2,390                  | 527                           |
| Tongues, pickled                  | 62.3                | 12.8                  | 20.5              | .....                            | 4.7               | 1,105                  | 243                           |
| Tripe, as purchased               | 87.5                | 11.7                  | 1.2               | 0.2                              | .3                | 270                    | 60                            |
| Dried, salted and smoked          | 54.3                | 30.0                  | 6.5               | .4                               | 9.1               | 840                    | 185                           |
| <i>B. VEAL.</i>                   |                     |                       |                   |                                  |                   |                        |                               |
| <i>Fresh.</i>                     |                     |                       |                   |                                  |                   |                        |                               |
| Breast                            | 68.2                | 20.3                  | 11.0              | .....                            | 1.0               | 840                    | 185                           |
| Chuck                             | 73.8                | 19.7                  | 5.8               | .....                            | 1.0               | 610                    | 134                           |

TABLE IV.—Continued.

| Food Materials.                      | Water.    | Protein.  | Fat.      | Carbo-<br>hydrates. | Ash.      | Fuel Value.            |                               |
|--------------------------------------|-----------|-----------|-----------|---------------------|-----------|------------------------|-------------------------------|
|                                      | Per Cent. | Per Cent. | Per Cent. | Per Cent.           | Per Cent. | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>              |           |           |           |                     |           |                        |                               |
| Flank, as purchased.                 | 66.9      | 20.1      | 12.7      | .....               | 1.0       | 910                    | 201                           |
| Leg.....                             | 71.7      | 20.7      | 6.7       | .....               | 1.1       | 670                    | 146                           |
| Loin.....                            | 69.5      | 19.9      | 10.0      | .....               | 1.1       | 790                    | 174                           |
| Rib.....                             | 69.8      | 20.2      | 9.4       | .....               | 1.1       | 775                    | 170                           |
| Rump.....                            | 62.6      | 19.8      | 16.2      | .....               | 1.1       | 1,050                  | 231                           |
| Shank, hind.....                     | 73.6      | 20.7      | 5.5       | .....               | 1.0       | 615                    | 136                           |
| Shoulder and flank, medium fat.....  | 65.2      | 19.7      | 14.4      | .....               | 1.1       | 975                    | 215                           |
| Forequarter.....                     | 71.7      | 20.0      | 8.0       | .....               | .9        | 710                    | 157                           |
| Hindquarter.....                     | 70.9      | 20.7      | 8.3       | .....               | 1.0       | 735                    | 160                           |
| Heart, as purchased.....             | 73.2      | 16.8      | 9.6       | .....               | 1.0       | 720                    | 159                           |
| Kidneys, as purchased.....           | 75.8      | 16.9      | 6.4       | .....               | 1.3       | 555                    | 129                           |
| Liver.....                           | 73.0      | 19.0      | 5.3       | .....               | 1.3       | 575                    | 127                           |
| Lungs.....                           | 76.8      | 17.1      | 5.0       | .....               | 1.1       | 530                    | 117                           |
| <b>C. LAMB.</b>                      |           |           |           |                     |           |                        |                               |
| <i>Fresh.</i>                        |           |           |           |                     |           |                        |                               |
| Breast or chuck.....                 | 56.2      | 19.1      | 23.6      | .....               | 1.0       | 1,350                  | 298                           |
| Leg, hind.....                       | 58.6      | 18.6      | 22.6      | .....               | 1.0       | 1,300                  | 287                           |
| Loin, without kidney and tallow..... | 53.1      | 18.7      | 28.3      | .....               | 1.0       | 1,540                  | 340                           |
| Neck.....                            | 56.7      | 17.7      | 24.8      | .....               | 1.0       | 1,375                  | 303                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                      | Water.    | Protein.  | Fat.      | Carbo-<br>hydrates. | Ash.      | Fuel Value.            |                               |
|--------------------------------------|-----------|-----------|-----------|---------------------|-----------|------------------------|-------------------------------|
|                                      | Per Cent. | Per Cent. | Per Cent. | Per Cent.           | Per Cent. | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>              |           |           |           |                     |           |                        |                               |
| Shoulder .....                       | 51.8      | 18.1      | 29.7      | .....               | 1.0       | 1,590                  | 351                           |
| Forequarter .....                    | 55.1      | 18.3      | 25.8      | .....               | 1.0       | 1,430,                 | 315                           |
| Hindquarter .....                    | 60.9      | 19.6      | 19.1      | .....               | 1.0       | 1,170                  | 258                           |
| Side, without tallow .....           | 58.2      | 17.6      | 23.1      | .....               | 1.1       | 1,300                  | 287                           |
| <i>Cooked.</i>                       |           |           |           |                     |           |                        |                               |
| Chops, broiled .....                 | 47.6      | 21.7      | 29.9      | .....               | 1.3       | 1,665                  | 367                           |
| Leg, roast .....                     | 67.1      | 19.7      | 12.7      | .....               | .8        | 900                    | 198                           |
| Tongue, spiced and cooked .....      | 67.4      | 13.9      | 17.8      | .....               | .5        | 1,010                  | 223                           |
| <b>D. MUTTON.</b>                    |           |           |           |                     |           |                        |                               |
| <i>Fresh.</i>                        |           |           |           |                     |           |                        |                               |
| Chuck, lean .....                    | 64.7      | 17.8      | 16.3      | .....               | .9        | 1,020                  | 225                           |
| Chuck .....                          | 48.2      | 14.6      | 36.8      | .....               | .8        | 1,825                  | 402                           |
| Flank .....                          | 42.7      | 14.3      | 42.6      | .....               | .7        | 2,065                  | 455                           |
| Leg, hind .....                      | 63.2      | 18.7      | 17.5      | .....               | 1.0       | 1,085                  | 239                           |
| Loin, without kidney or tallow ..... | 47.8      | 15.5      | 36.2      | .....               | .8        | 1,815                  | 400                           |
| Neck .....                           | 56.6      | 16.7      | 26.3      | .....               | 1.0       | 1,420                  | 313                           |
| Shoulder .....                       | 60.2      | 17.5      | 21.8      | .....               | .9        | 1,245                  | 274                           |
| Forequarter .....                    | 52.9      | 15.6      | 30.9      | .....               | .9        | 1,595                  | 352                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                             | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|---------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                             |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh</i> —Continued.                    |                     |                       |                   |                                  |                   |                        |                               |
| Hindquarter . . . . .                       | 54.8                | 16.7                  | 28.1              | .....                            | .8                | 1,495                  | 330                           |
| Side, including tallow . . . . .            | 54.2                | 16.3                  | 28.9              | .....                            | .9                | 1,520                  | 335                           |
| Side, not including tallow . . . . .        | 53.6                | 16.2                  | 29.8              | .....                            | .8                | 1,560                  | 344                           |
| Heart, as purchased . . . . .               | 69.5                | 16.9                  | 12.6              | .....                            | .9                | 845                    | 186                           |
| Kidneys, as purchased . . . . .             | 78.7                | 16.5                  | 3.2               | .....                            | 1.3               | 440                    | 97                            |
| Liver, as purchased . . . . .               | 61.2                | 23.1                  | 9.0               | 5.0                              | 1.7               | 905                    | 200                           |
| <i>Cooked.</i>                              |                     |                       |                   |                                  |                   |                        |                               |
| Mutton, leg, roast . . . . .                | 50.9                | 25.0                  | 22.6              | .....                            | 1.2               | 1,420                  | 313                           |
| <b>E. PORK.</b>                             |                     |                       |                   |                                  |                   |                        |                               |
| <i>Fresh.</i>                               |                     |                       |                   |                                  |                   |                        |                               |
| Chuck, ribs and shoulder . . . . .          | 51.1                | 17.3                  | 31.1              | .....                            | .9                | 1,635                  | 360                           |
| Ham, fresh . . . . .                        | 50.1                | 15.7                  | 33.4              | .....                            | .9                | 1,700                  | 375                           |
| Loin (chops) . . . . .                      | 50.7                | 16.4                  | 32.0              | .....                            | .9                | 1,655                  | 365                           |
| Loin, tenderloin . . . . .                  | 66.5                | 18.9                  | 13.0              | .....                            | 1.0               | 900                    | 198                           |
| Middle cuts . . . . .                       | 48.2                | 15.7                  | 36.3              | .....                            | .7                | 1,825                  | 402                           |
| Shoulder . . . . .                          | 51.2                | 13.3                  | 34.2              | .....                            | .8                | 1,690                  | 373                           |
| Side, lard and other fat included . . . . . | 29.4                | 9.4                   | 61.7              | .....                            | .4                | 2,780                  | 611                           |
| Ham fat, as purchased . . . . .             | 9.1                 | 3.5                   | 88.0              | .....                            | .2                | 3,780                  | 834                           |
| Feet . . . . .                              | 55.4                | 15.8                  | 26.3              | .....                            | .8                | 1,405                  | 310                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                               | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|-----------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                               |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Pickled, Salted and Smoked.</i>            |                     |                       |                   |                                  |                   |                        |                               |
| Ham, smoked . . . . .                         | 39.8                | 16.5                  | 38.8              | .....                            | 4.7               | 1,945                  | 429                           |
| Smoked, boiled, as purchased . . . . .        | 51.3                | 20.2                  | 22.4              | .....                            | 6.1               | 1,320                  | 291                           |
| Smoked, fried, as purchased . . . . .         | 36.6                | 22.2                  | 33.2              | .....                            | 5.8               | 1,815                  | 400                           |
| Luncheon, cooked, as purchased.<br>Refuse—2.1 | 48.1                | 22.1                  | 20.6              | .....                            | 5.7               | 1,280                  | 282                           |
| Pigs' tongues, pickled . . . . .              | 58.6                | 17.7                  | 19.8              | .....                            | 3.6               | 1,165                  | 257                           |
| Feet, pickled . . . . .                       | 68.2                | 16.3                  | 14.8              | .....                            | .9                | 930                    | 205                           |
| Salt pork, clear fat, as purchased . . . . .  | 7.9                 | 1.9                   | 86.2              | .....                            | 3.9               | 3,670                  | 809                           |
| Bacon, smoked . . . . .                       | 20.2                | 10.5                  | 64.8              | .....                            | 5.1               | 2,930                  | 646                           |
| Steak, cooked, as purchased . . . . .         | 33.2                | .....                 | 45.4              | .....                            | 1.5               | 2,285                  | 504                           |
| <i>F. SAUSAGE, as purchased.</i>              |                     |                       |                   |                                  |                   |                        |                               |
| Arles . . . . .                               | 16.3                | 25.4                  | 48.0              | .....                            | 6.9               | 2,495                  | 550                           |
| Refuse—5.2                                    |                     |                       |                   |                                  |                   |                        |                               |
| Banquet . . . . .                             | 61.7                | 18.0                  | 15.4              | .....                            | 3.6               | 985                    | 217                           |
| Bologna . . . . .                             | 55.2                | 18.2                  | 19.7              | .....                            | 3.8               | 1,170                  | 258                           |
| Farmer . . . . .                              | 22.2                | 27.9                  | 40.4              | .....                            | 7.3               | 2,225                  | 491                           |
| Frankfort . . . . .                           | 57.2                | 19.6                  | 18.6              | .....                            | 3.4               | 1,170                  | 258                           |
| Holsteiner . . . . .                          | 25.1                | 28.7                  | 36.5              | .....                            | 4.2               | 2,135                  | 471                           |
| Refuse—2.2                                    |                     |                       |                   |                                  |                   |                        |                               |
| Lyons, pure ham . . . . .                     | 29.2                | 29.1                  | 24.5              | .....                            | 7.2               | 1,575                  | 349                           |
| Pork . . . . .                                | 39.8                | 13.0                  | 44.2              | .....                            | 2.2               | 2,125                  | 468                           |
| Refuse—10.0                                   |                     |                       |                   |                                  |                   |                        |                               |

TABLE IV.—Continued.

| FOOD MATERIALS.                            | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|--------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                            |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <b>F. SAUSAGE, as purchased—Continued.</b> |                     |                       |                   |                                  |                   |                        |                               |
| Pork sausage meat.....                     | 46.2                | 17.4                  | 32.5              | .....                            | 3.4               | 1,695                  | 374                           |
| Salmi.....Refuse—9.3                       | 27.6                | 21.8                  | 36.2              | .....                            | 6.4               | 1,935                  | 427                           |
| Wienerwurst.....                           | 43.9                | 28.0                  | 22.1              | 1.6                              | 4.4               | 1,485                  | 327                           |
| <b>G. POULTRY.*</b>                        |                     |                       |                   |                                  |                   |                        |                               |
| <i>Fresh.</i>                              |                     |                       |                   |                                  |                   |                        |                               |
| Chicken, broiler.....                      | 69.7                | 20.7                  | 8.3               | .....                            | 1.1               | 890                    | 196                           |
| Giblets.....                               | 72.8                | 18.7                  | 6.1               | .....                            | 1.3               | 730                    | 161                           |
| Capon.....                                 | 56.7                | 21.5                  | 21.2              | .....                            | 1.2               | 1,465                  | 323                           |
| Giblets.....                               | 63.3                | 20.5                  | 14.6              | .....                            | 1.3               | 1,155                  | 255                           |
| Young.....                                 | 68.4                | 21.9                  | 8.9               | .....                            | 1.1               | 945                    | 208                           |
| Dark meat.....                             | 70.1                | 20.8                  | 8.2               | .....                            | 1.2               | 850                    | 187                           |
| Light meat.....                            | 70.3                | 21.9                  | 7.4               | .....                            | 1.1               | 835                    | 184                           |
| Giblets.....                               | 71.0                | 19.8                  | 6.4               | .....                            | 1.3               | 810                    | 179                           |
| Liver.....                                 | 69.3                | 22.4                  | 4.2               | 2.4                              | 1.7               | 800                    | 176                           |
| Heart.....                                 | 72.0                | 20.7                  | 5.5               | .....                            | 1.4               | 770                    | 170                           |
| Gizzard.....                               | 72.5                | 24.7                  | 1.4               | .....                            | 1.4               | 695                    | 153                           |

\* Woods. "Meats: Composition and Cooking." *Farmers' Bulletin*, No. 34, United States Department of Agriculture, 1904.

TABLE IV.—Continued.

| FOOD MATERIALS.                            | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|--------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                            |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>                    |                     |                       |                   |                                  |                   |                        |                               |
| Duck.....                                  | 61.1                | 18.3                  | 19.0              | .....                            | 1.3               | 1,290                  | 284                           |
| Meat, not including breast or giblets..... | 55.5                | 17.4                  | 26.1              | .....                            | 1.0               | 1,540                  | 340                           |
| Breast.....                                | 73.9                | 22.3                  | 2.3               | .....                            | 1.3               | 685                    | 151                           |
| Giblets.....                               | 73.2                | 17.9                  | 5.0               | .....                            | 1.8               | 720                    | 159                           |
| Green goose.....                           | 48.2                | 15.1                  | 36.0              | .....                            | .9                | 1,940                  | 428                           |
| Meat, not including giblets.....           | 46.0                | 15.0                  | 38.3              | .....                            | .8                | 2,030                  | 448                           |
| Giblets.....                               | 68.7                | 22.3                  | 7.3               | .....                            | 1.4               | 995                    | 219                           |
| Goose.....                                 | 54.0                | 16.6                  | 28.7              | .....                            | 1.1               | 1,660                  | 366                           |
| Meat, not including giblets.....           | 51.8                | 16.2                  | 31.5              | .....                            | 1.0               | 1,755                  | 387                           |
| Giblets.....                               | 70.0                | 20.1                  | 8.2               | .....                            | 1.7               | 910                    | 201                           |
| Gizzard.....                               | 73.8                | 19.6                  | 5.8               | .....                            | 1.0               | 750                    | 165                           |
| Liver.....                                 | 62.6                | 16.6                  | 15.9              | 3.7                              | 1.2               | 1,175                  | 259                           |
| Guinea hen.....                            | 69.1                | 23.1                  | 6.5               | .....                            | 1.3               | 870                    | 192                           |
| Meat, not including giblets.....           | 68.9                | 23.4                  | 6.5               | .....                            | 1.3               | 865                    | 191                           |
| Giblets.....                               | 69.9                | 20.8                  | 7.1               | .....                            | 1.3               | 855                    | 188                           |
| Pheasant.....                              | 69.9                | 24.4                  | 4.8               | .....                            | 1.1               | 830                    | 183                           |
| Meat, not including giblets.....           | 70.0                | 24.7                  | 4.6               | .....                            | 1.1               | 815                    | 180                           |
| Giblets.....                               | 68.9                | 20.1                  | 7.2               | .....                            | 1.6               | 880                    | 194                           |
| Pigeon.....                                | 64.0                | 22.8                  | 11.0              | .....                            | 1.5               | 1,060                  | 234                           |
| Meat, not including giblets.....           | 63.2                | 22.9                  | 12.1              | .....                            | 1.4               | 1,100                  | 243                           |
| Giblets.....                               | 68.1                | 22.2                  | 5.2               | .....                            | 2.3               | 845                    | 186                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                                      | Water.    |           | Protein.  |            | Fat.      |           | Carbo-<br>hydrates. |           | Ash.      |                        | Fuel Value.                   |  |
|------------------------------------------------------|-----------|-----------|-----------|------------|-----------|-----------|---------------------|-----------|-----------|------------------------|-------------------------------|--|
|                                                      | Per Cent. | Per Cent. | Per Cent. | Per Cent.  | Per Cent. | Per Cent. | Per Cent.           | Per Cent. | Per Cent. | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |  |
| <i>Fresh—Continued.</i>                              |           |           |           |            |           |           |                     |           |           |                        |                               |  |
| Quail .....                                          | 65.9      | 25.0      | 6.8       | .....      | 1.6       | 935       | 206                 |           |           |                        |                               |  |
| Meat, not including giblets.....                     | 66.3      | 25.4      | 7.0       | .....      | 1.4       | 945       | 208                 |           |           |                        |                               |  |
| Giblets.....                                         | 63.0      | 21.8      | 6.2       | .....      | 2.3       | 970       | 214                 |           |           |                        |                               |  |
| Squabs.....                                          | 58.0      | 18.6      | 22.1      | .....      | 1.5       | 1,430     | 315                 |           |           |                        |                               |  |
| Meat, not including giblets.....                     | 56.6      | 18.5      | 23.8      | .....      | 1.4       | 1,470     | 324                 |           |           |                        |                               |  |
| Giblets.....                                         | 69.8      | 19.8      | 7.2       | .....      | 7.2       | 835       | 184                 |           |           |                        |                               |  |
| Turkey.....                                          | 57.4      | 22.2      | 18.9      | .....      | 1.2       | 1,385     | 305                 |           |           |                        |                               |  |
| Dark meat.....                                       | 57.0      | 21.4      | 20.6      | .....      | 1.1       | 1,435     | 316                 |           |           |                        |                               |  |
| Light meat.....                                      | 63.9      | 25.7      | 9.4       | .....      | 1.3       | 1,065     | 235                 |           |           |                        |                               |  |
| Giblets.....                                         | 56.7      | 17.7      | 23.5      | .....      | 1.2       | 1,480     | 326                 |           |           |                        |                               |  |
| Dark meat, cooked.....                               | 53.7      | 39.2      | 4.3       | .....      | 2.2       | 1,200     | 265                 |           |           |                        |                               |  |
| Light meat, cooked.....                              | 58.5      | 34.6      | 4.9       | .....      | 1.8       | 1,090     | 240                 |           |           |                        |                               |  |
| Young.....                                           | 66.1      | 24.9      | 8.7       | .....      | 1.3       | 1,015     | 224                 |           |           |                        |                               |  |
| Cooked.....                                          | 52.0      | 27.8      | 18.4      | .....      | 1.2       | 1,295     | 285                 |           |           |                        |                               |  |
| Heart.....                                           | 68.6      | 16.8      | 13.2      | .....      | 1.0       | 1,000     | 222                 |           |           |                        |                               |  |
| Liver.....                                           | 69.6      | 22.9      | 5.2       | .....      | 1.7       | 820       | 181                 |           |           |                        |                               |  |
| Gizzard.....                                         | 62.7      | 20.5      | 14.5      | 0.6<br>1.2 | 1.1       | 1,170     | 258                 |           |           |                        |                               |  |
| <i>Preserved Poultry Meat.</i>                       |           |           |           |            |           |           |                     |           |           |                        |                               |  |
| Smoked goose breast (including skin and<br>fat)..... | 35.7      | 20.1      | 38.7      | .....      | 5.5       | 2,210     | 487                 |           |           |                        |                               |  |

TABLE IV.—Continued.

| FOOD MATERIALS.                 | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. | Ash. | Fuel Value.            |                               |
|---------------------------------|-----------|--|-----------|--|-----------|--|---------------------|------|------------------------|-------------------------------|
|                                 | Per Cent. |  | Per Cent. |  | Per Cent. |  |                     |      | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Preserved</i> —Continued.    |           |  |           |  |           |  |                     |      |                        |                               |
| Potted turkey.....              | 56.0      |  | 17.2      |  | 22.0      |  | .....               | 3.0  | 1,390                  | 306                           |
| Potted chicken.....             | 56.1      |  | 19.4      |  | 20.3      |  | .....               | 2.5  | 1,390                  | 306                           |
| Canned chicken soup.....        | 87.1      |  | 2.9       |  | 3.3       |  | 5.1                 | 1.6  | 300                    | 66                            |
| Canned chicken gumbo soup.....  | 91.0      |  | 2.4       |  | 2         |  | 4.8                 | 1.6  | 160                    | 35                            |
| Canned boned chicken.....       | 57.6      |  | 27.7      |  | 12.8      |  | .....               | 2.2  | 1,245                  | 274                           |
| Canned sandwich chicken.....    | 46.9      |  | 20.8      |  | 30.0      |  | .....               | 2.6  | 1,825                  | 402                           |
| Canned sandwich turkey.....     | 47.4      |  | 20.7      |  | 29.2      |  | .....               | 2.7  | 1,790                  | 395                           |
| <b>H. FISH.</b>                 |           |  |           |  |           |  |                     |      |                        |                               |
| <i>Fresh.</i>                   |           |  |           |  |           |  |                     |      |                        |                               |
| Bass, black, whole.....         | 76.7      |  | 20.6      |  | 1.7       |  | .....               | 1.2  | 455                    | 103                           |
| Sea, whole.....                 | 79.3      |  | 19.8      |  | .5        |  | .....               | 1.4  | 390                    | 86                            |
| Striped, whole.....             | 77.7      |  | 18.6      |  | 2.8       |  | .....               | 1.2  | 465                    | 102                           |
| Blackfish, whole.....           | 79.1      |  | 18.7      |  | 1.3       |  | .....               | 1.1  | 405                    | 89                            |
| Bluefish, entrails removed..... | 78.5      |  | 19.4      |  | 1.2       |  | .....               | 1.3  | 410                    | 90                            |
| Butterfish, whole.....          | 70.0      |  | 18.0      |  | 11.0      |  | .....               | 1.2  | 800                    | 176                           |
| Cod, whole.....                 | 82.6      |  | 16.5      |  | .4        |  | .....               | 1.2  | 325                    | 72                            |
| Steaks.....                     | 79.7      |  | 18.7      |  | .5        |  | .....               | 1.2  | 370                    | 81                            |
| Eels, salt water.....           | 71.6      |  | 18.6      |  | 9.1       |  | .....               | 1.0  | 730                    | 161                           |
| Flounder, whole.....            | 84.2      |  | 14.2      |  | .6        |  | .....               | 1.3  | 290                    | 64                            |

TABLE IV.—Continued.

| FOOD MATERIALS.                | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|--------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh</i> —Continued.       |                     |                       |                   |                                  |                   |                        |                               |
| Haddock, entrails removed.     | 81.7                | 17.2                  | .3                | .....                            | 1.2               | 335                    | 74                            |
| Hake, entrails removed.        | 83.1                | 15.4                  | .7                | .....                            | 1.0               | 315                    | 69                            |
| Halibut, steak or sections.    | 75.4                | 18.6                  | 5.2               | .....                            | 1.0               | 565                    | 125                           |
| Herring, whole.                | 72.5                | 19.5                  | 7.1               | .....                            | 1.5               | 660                    | 146                           |
| Mackerel, whole.               | 73.4                | 18.7                  | 7.1               | .....                            | 1.2               | 645                    | 142                           |
| Muskelunge, whole.             | 76.3                | 20.2                  | 2.5               | .....                            | 1.6               | 480                    | 106                           |
| Perch, white, whole.           | 75.7                | 19.3                  | 4.0               | .....                            | 1.2               | 530                    | 117                           |
| White, whole, as purchased.    | 28.4                | 7.3                   | 1.5               | .....                            | .4                | 200                    | 44                            |
| Yellow, whole.                 | 79.3                | 18.7                  | .8                | .....                            | 1.2               | 380                    | 84                            |
| Pickrel, pike, whole.          | 79.8                | 18.7                  | .5                | .....                            | 1.1               | 370                    | 81                            |
| Pike, gray, whole*             | 80.8                | 17.9                  | .8                | .....                            | 1.1               | 365                    | 80                            |
| Pompano, whole.                | 72.8                | 18.8                  | 7.5               | .....                            | 1.0               | 665                    | 147                           |
| Porgy (scup), whole.           | 75.0                | 18.6                  | 5.1               | .....                            | 1.4               | 560                    | 123                           |
| Red grouper, entrails removed. | 79.5                | 19.3                  | .6                | .....                            | 1.1               | 385                    | 85                            |
| Red snapper, whole.            | 78.5                | 19.7                  | 1.0               | .....                            | 1.3               | 410                    | 90                            |
| Salmon, whole.                 | 64.6                | 22.0                  | 12.8              | .....                            | 1.4               | 950                    | 209                           |
| Landlocked, whole, spent.      | 77.7                | 17.8                  | 3.3               | .....                            | 1.2               | 470                    | 104                           |
| California, anterior sections. | 63.6                | 17.8                  | 17.8              | .....                            | 1.1               | 1,080                  | 238                           |
| Shad, whole.                   | 70.6                | 18.8                  | 9.5               | .....                            | 1.3               | 750                    | 165                           |

\* Not average.

TABLE IV.—Continued.

| FOOD MATERIALS.              | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. |  | Ash.      |  | Fuel Value.            |                               |
|------------------------------|-----------|--|-----------|--|-----------|--|---------------------|--|-----------|--|------------------------|-------------------------------|
|                              | Per Cent. |  | Per Cent. |  | Per Cent. |  | Per Cent.           |  | Per Cent. |  | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>      |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Roe, as purchased*           | 71.2      |  | 20.9      |  | 3.8       |  |                     |  | 1.5       |  | 600                    | 133                           |
| Sheepshead, whole            | 75.6      |  | 20.1      |  | 3.7       |  |                     |  | 1.2       |  | 530                    | 117                           |
| Smelt, whole                 | 79.2      |  | 17.6      |  | 1.8       |  |                     |  | 1.7       |  | 405                    | 89                            |
| Spanish mackerel, whole*     | 68.1      |  | 21.5      |  | 9.4       |  |                     |  | 1.5       |  | 795                    | 175                           |
| Sturgeon, anterior sections* | 78.7      |  | 18.1      |  | 1.9       |  |                     |  | 1.4       |  | 415                    | 91                            |
| Tomcod, whole*               | 81.5      |  | 17.2      |  | .4        |  |                     |  | 1.0       |  | 335                    | 74                            |
| Trout, brook, whole          | 77.8      |  | 19.2      |  | 2.1       |  |                     |  | 1.2       |  | 445                    | 98                            |
| Salmon, or lake              | 70.8      |  | 17.8      |  | 10.3      |  |                     |  | 1.2       |  | 765                    | 169                           |
| Turbot                       | 71.4      |  | 14.8      |  | 14.4      |  |                     |  | 1.3       |  | 885                    | 195                           |
| Weakfish, whole*             | 79.0      |  | 17.8      |  | 2.4       |  |                     |  | 1.2       |  | 430                    | 95                            |
| Whitefish, whole*            | 69.8      |  | 22.9      |  | 6.5       |  |                     |  | 1.6       |  | 700                    | 154                           |
| <i>Preserved and Canned.</i> |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Cod, salt                    | 53.5      |  | 25.4      |  | 0.3       |  |                     |  | 24.7      |  | 410                    | 90                            |
| Salt, "boneless"             | 55.0      |  | 27.3      |  | .3        |  |                     |  | 19.0      |  | 490                    | 108                           |
| Haddock, smoked*             | 72.5      |  | 23.3      |  | .2        |  |                     |  | 3.6       |  | 440                    | 97                            |
| Halibut, smoked              | 49.4      |  | 20.7      |  | 15.0      |  |                     |  | 15.0      |  | 1,020                  | 225                           |
| Herring, smoked*             | 34.6      |  | 36.9      |  | 15.8      |  |                     |  | 13.2      |  | 1,335                  | 299                           |
| Mackerel, salt, dressed      | 43.4      |  | 17.3      |  | 26.4      |  |                     |  | 12.9      |  | 1,435                  | 316                           |
| Salmon, canned               | 63.5      |  | 21.8      |  | 12.1      |  |                     |  | 2.6       |  | 915                    | 201                           |

\* Not average.

TABLE IV.—Continued.

| FOOD MATERIALS.                                            | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.                   |                               |
|------------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|-------------------------------|-------------------------------|
|                                                            |                     |                       |                   |                                  |                   | Calories<br>per 100<br>Pound. | Calories<br>per 100<br>Grams. |
| <i>Preserved and Canned—Continued.</i>                     |                     |                       |                   |                                  |                   |                               |                               |
| Sardines, canned.....                                      | 52.3                | 23.0                  | 19.7              | .....                            | 5.6               | 1,260                         | 278                           |
| Sturgeon, caviare, pressed, Russian, as<br>purchased*..... | 38.1                | 30.0                  | 19.7              | 7.6                              | 4.6               | 1,530                         | 337                           |
| <i>Shellfish, etc., Fresh.</i>                             |                     |                       |                   |                                  |                   |                               |                               |
| Clams, long, in shell.....                                 | 85.8                | 8.6                   | 1.0               | 2.0                              | 2.6               | 240                           | 53                            |
| As purchased.....                                          | 49.9                | 5.0                   | .6                | 1.1                              | 1.5               | 140                           | 31                            |
| Round, in shell*.....                                      | 86.2                | 6.5                   | .4                | 4.2                              | 2.7               | 215                           | 47                            |
| Round, removed from shell, as pur-<br>chased*.....         | 80.8                | 10.6                  | 1.1               | 5.2                              | 2.3               | 340                           | 75                            |
| Crabs, hardshell, whole*.....                              | 77.1                | 16.6                  | 2.0               | 1.2                              | 3.1               | 415                           | 91                            |
| As purchased*.....                                         | 36.7                | 7.9                   | .9                | .6                               | 1.5               | 195                           | 43                            |
| Refuse—52.4.....                                           | 79.2                | 16.4                  | 1.8               | .4                               | 2.2               | 390                           | 86                            |
| Lobster, whole.....                                        | 84.2                | 8.7                   | 1.1               | 4.1                              | 1.9               | 285                           | 63                            |
| Mussels, in shell.....                                     | 86.9                | 6.2                   | 1.2               | 3.7                              | 2.0               | 235                           | 52                            |
| Oysters, in shell.....                                     | 88.3                | 6.0                   | 1.3               | 3.3                              | 1.1               | 230                           | 51                            |
| Solids, as purchased.....                                  | 80.3                | 14.8                  | 1.1               | 3.4                              | 1.4               | 345                           | 76                            |
| Scallops, as purchased.....                                | 74.5                | 21.2                  | 3.5               | .....                            | 1.0               | 545                           | 120                           |
| Terrapin*.....                                             | 79.8                | 19.8                  | .5                | .....                            | 1.2               | 390                           | 86                            |
| Turtle, green, whole*.....                                 |                     |                       |                   |                                  |                   |                               |                               |

\* Not average.

TABLE IV.—Continued.

| FOOD MATERIALS.                               | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. |  | Ash.      |  | Fuel Value.            |                               |
|-----------------------------------------------|-----------|--|-----------|--|-----------|--|---------------------|--|-----------|--|------------------------|-------------------------------|
|                                               | Per Cent. |  | Per Cent. |  | Per Cent. |  | Per Cent.           |  | Per Cent. |  | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Shellfish, etc., Canned, as purchased.</i> |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Crabs.....                                    | 80.0      |  | 15.8      |  | 1.5       |  | .7                  |  | 2.0       |  | 370                    | 81                            |
| Lobster.....                                  | 77.8      |  | 18.1      |  | 1.1       |  | .5                  |  | 2.5       |  | 390                    | 86                            |
| Oysters.....                                  | 83.4      |  | 8.8       |  | 2.4       |  | 3.9                 |  | 1.5       |  | 335                    | 74                            |
| Shrimps*.....                                 | 70.8      |  | 25.4      |  | 1.0       |  | .2                  |  | 2.6       |  | 520                    | 115                           |
| <b>I. EGGS.</b>                               |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Hens', uncooked.....                          | 73.7      |  | 13.4      |  | 10.5      |  | .....               |  | 1.0       |  | 720                    | 159                           |
| Boiled.....                                   | 73.2      |  | 13.2      |  | 12.0      |  | .....               |  | .8        |  | 765                    | 169                           |
| Boiled whites.....                            | 86.2      |  | 12.3      |  | .2        |  | .....               |  | .6        |  | 250                    | 55                            |
| Boiled yolks.....                             | 49.5      |  | 15.7      |  | 33.3      |  | .....               |  | 1.1       |  | 1,705                  | 376                           |
| <b>J. DAIRY PRODUCTS, ETC., as purchased.</b> |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Butter.....                                   | 11.0      |  | 1.0       |  | 85.0      |  | .....               |  | 3.0       |  | 3,605                  | 795                           |
| Buttermilk.....                               | 91.0      |  | 3.0       |  | .5        |  | 4.8                 |  | .7        |  | 165                    | 36                            |
| Cheese, American, pale.....                   | 31.6      |  | 28.8      |  | 35.9      |  | .3                  |  | 3.4       |  | 2,055                  | 453                           |
| American, red.....                            | 28.6      |  | 29.6**    |  | 38.3      |  | .....               |  | 3.5       |  | 2,165                  | 477                           |
| Boudon.....                                   | 55.2      |  | 15.4      |  | 20.8      |  | 1.6                 |  | 7.0       |  | 1,195                  | 263                           |
| California flat.....                          | 34.0      |  | 24.3      |  | 33.4      |  | 4.5                 |  | 3.8       |  | 1,945                  | 429                           |
| Cheddar.....                                  | 27.4      |  | 27.7      |  | 36.8      |  | 4.1                 |  | 4.0       |  | 2,145                  | 473                           |

\* Not average.

\*\* Determined by difference.

TABLE IV.—Continued.

| FOOD MATERIALS.                                       | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|-------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                       |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| J. DAIRY PRODUCTS, ETC., as purchased—Con-<br>tinued. |                     |                       |                   |                                  |                   |                        |                               |
| Cheese, Cheshire.....                                 | 37.1                | 26.9                  | 30.7              | .9                               | 4.4               | 1,810                  | 399                           |
| Cottage.....                                          | 72.0                | 20.9                  | 1.0               | 4.3                              | 1.8               | 510                    | 112                           |
| Crown brand cream.....                                | 31.4                | 5.2                   | 58.0              | 2.2                              | 3.2               | 2,585                  | 570                           |
| Dutch.....                                            | 35.2                | 37.1**                | 17.7              | .....                            | 10.0              | 1,435                  | 316                           |
| Fromage de Brie.....                                  | 60.2                | 15.9                  | 21.0              | 1.4                              | 1.5               | 1,210                  | 267                           |
| Full cream.....                                       | 34.2                | 25.9                  | 33.7              | 2.4                              | 3.8               | 1,950                  | 430                           |
| Imitation full cream, Ohio.....                       | 37.9                | 25.9**                | 31.7              | .....                            | 4.5               | 1,820                  | 401                           |
| Imitation old English.....                            | 20.7                | 30.1                  | 42.7              | 1.3                              | 5.2               | 2,385                  | 526                           |
| Limburger.....                                        | 42.1                | 23.0                  | 29.4              | .4                               | 5.1               | 1,675                  | 369                           |
| Neuchatel.....                                        | 50.0                | 18.7                  | 27.4              | 1.5                              | 2.4               | 1,530                  | 337                           |
| Pineapple.....                                        | 23.0                | 29.9                  | 38.9              | 2.6                              | 5.6               | 2,245                  | 495                           |
| Roquefort.....                                        | 29.3                | 22.6                  | 29.5              | 1.8                              | 6.8               | 1,700                  | 375                           |
| Swiss.....                                            | 31.4                | 27.6                  | 24.9              | 1.3                              | 4.8               | 2,010                  | 443                           |
| Cream.....                                            | 74.0                | 2.5                   | 18.5              | 4.5                              | 0.5               | 910                    | 201                           |
| Koumiss.....                                          | 89.3                | 2.8                   | 2.1               | 5.4                              | .4                | 240                    | 53                            |
| Milk, condensed, sweetened.....                       | 26.9                | 8.8                   | 8.3               | 54.1                             | 1.9               | 1,520                  | 335                           |
| Condensed, unsweetened, "evaporated<br>cream".....    | 68.2                | 9.6                   | 9.3               | 11.2                             | 1.7               | 780                    | 172                           |

\*\*Determined by difference.

TABLE IV.—Continued.

| FOOD MATERIALS.                                       | Water. | Protein. | Fat.  | Carbo-<br>hydrates. | Ash.  | Fuel Value.            |                               |
|-------------------------------------------------------|--------|----------|-------|---------------------|-------|------------------------|-------------------------------|
|                                                       |        |          |       |                     |       | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| J. DAIRY PRODUCTS, ETC., as purchased—Con-<br>tinued. |        |          |       |                     |       |                        |                               |
| Milk, skimmed                                         | 90.5   | 3.4      | .3    | 5.1                 | .7    | 170                    | 37                            |
| Whole                                                 | 87.0   | 3.3      | 4.0   | 5.0                 | .7    | 325                    | 72                            |
| Whey                                                  | 93.0   | 1.0      | .3    | 5.0                 | .7    | 125                    | 28                            |
| K. MISCELLANEOUS, as purchased.                       |        |          |       |                     |       |                        |                               |
| Gelatin                                               | 13.6   | 91.4     | .1    | .....               | 2.1   | 1,705                  | 376                           |
| Calf's-foot jelly*                                    | 77.6   | 4.3      | ..... | 17.4                | .7    | 405                    | 89                            |
| Isinglass, sturgeon*                                  | 19.0   | 89.3     | 1.6   | .....               | 2.0   | 1,730                  | 381                           |
| Lard, refined*                                        | .....  | .....    | 100.0 | .....               | ..... | 4,220                  | 930                           |
| Tallow, refined*                                      | .....  | .....    | 100.0 | .....               | ..... | 4,220                  | 930                           |
| Cottolene*                                            | .....  | .....    | 100.0 | .....               | ..... | 4,220                  | 930                           |
| Oleomargarine                                         | 9.5    | 1.2      | 83.0  | .....               | 6.3   | 3,525                  | 777                           |
| Beef juice*                                           | 93.0   | 4.9      | .6    | .....               | 1.5   | 115                    | 25                            |
| VEGETABLE FOOD.                                       |        |          |       |                     |       |                        |                               |
| A. FLOUR, MEALS, ETC.                                 |        |          |       |                     |       |                        |                               |
| Barley meal and flour                                 | 11.9   | 10.5     | 2.2   | 72.8                | 2.6   | 1,640                  | 362                           |
| Pearled                                               | 11.5   | 8.5      | 1.1   | 77.8                | 1.1   | 1,650                  | 364                           |
| Buckwheat flour                                       | 13.6   | 6.4      | 1.2   | 77.9                | .9    | 1,620                  | 357                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                  | Water.    | Protein.  | Fat.      | Carbo-<br>hydrates. | Ash.      | Fuel Value.            |                               |
|----------------------------------|-----------|-----------|-----------|---------------------|-----------|------------------------|-------------------------------|
|                                  | Per Cent. | Per Cent. | Per Cent. | Per Cent.           | Per Cent. | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| A. FLOUR, MEALS, ETC.—Continued. |           |           |           |                     |           |                        |                               |
| Corn meal, granular.....         | 12.5      | 9.2       | 1.9       | 75.4                | 1.0       | 1,655                  | 365                           |
| Unbolted.....                    | 11.6      | 8.4       | 4.7       | 74.0                | 1.3       | 1,730                  | 381                           |
| Pop corn.....                    | 4.3       | 10.7      | 5.0       | 78.7                | 1.3       | 1,875                  | 413                           |
| Corn preparations:               |           |           |           |                     |           |                        |                               |
| Cerealine.....                   | 10.3      | 9.6       | 1.1       | 78.3                | .7        | 1,680                  | 370                           |
| Hominy.....                      | 11.8      | 8.3       | .6        | 79.0                | .3        | 1,650                  | 364                           |
| Cooked*.....                     | 79.3      | 2.2       | .2        | 17.8                | .5        | 380                    | 84                            |
| Parched.....                     | 5.2       | 11.5      | 8.4       | 72.3                | 2.6       | 1,915                  | 422                           |
| Oatmeal.....                     | 7.3       | 16.1      | 7.2       | 67.5                | 1.9       | 1,860                  | 410                           |
| Boiled*.....                     | 84.5      | 2.8       | .5        | 11.5                | .7        | 285                    | 63                            |
| Gruel.....                       | 91.6      | 1.2       | .4        | 6.3                 | .5        | 155                    | 34                            |
| Water.....                       | 96.0      | .7        | .1        | 2.9                 | .3        | 70                     | 15                            |
| Rolled oats.....                 | 7.7       | 16.7      | 7.3       | 66.2                | 2.1       | 1,850                  | 408                           |
| Rice.....                        | 12.3      | 8.0       | .3        | 79.0                | .4        | 1,630                  | 359                           |
| Boiled.....                      | 72.5      | 2.8       | .1        | 24.4                | .2        | 510                    | 112                           |
| Flaked.....                      | 9.5       | 7.9       | .4        | 81.9                | .3        | 1,685                  | 371                           |
| Flour.....                       | 8.5       | 8.6       | 6.1       | 68.0                | 8.8       | 1,680                  | 370                           |
| Rye flour.....                   | 12.9      | 6.8       | .9        | 78.7                | .7        | 1,630                  | 359                           |
| Meal*.....                       | 11.4      | 13.6      | 2.0       | 71.5                | 1.5       | 1,165                  | 367                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                                        | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|------------------------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                                        |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| A. FLOUR, MEALS, ETC.—Continued.                                       |                     |                       |                   |                                  |                   |                        |                               |
| Wheat flour, California fine.....                                      | 13.8                | 7.9                   | 1.4               | 76.4                             | .5                | 1,625                  | 358                           |
| Entire wheat.....                                                      | 11.4                | 13.8                  | 1.9               | 71.9                             | 1.0               | 1,675                  | 369                           |
| Gluten.....                                                            | 12.0                | 14.2                  | 1.8               | 71.1                             | .9                | 1,665                  | 367                           |
| Graham.....                                                            | 11.3                | 13.3                  | 2.2               | 71.4                             | 1.8               | 1,670                  | 368                           |
| Prepared (self-raising).....                                           | 10.8                | 10.2                  | 1.2               | 73.0                             | 4.8               | 1,600                  | 353                           |
| Patent roller process, family and<br>straight grade, all analyses..... | 12.8                | 10.8                  | 1.1               | 74.8                             | .5                | 1,640                  | 362                           |
| Wheat Preparations:                                                    |                     |                       |                   |                                  |                   |                        |                               |
| Cracked and crushed.....                                               | 10.1                | 11.1                  | 1.7               | 75.5                             | 1.6               | 1,685                  | 371                           |
| Farina.....                                                            | 10.9                | 11.0                  | 1.4               | 76.3                             | .4                | 1,685                  | 371                           |
| Flaked.....                                                            | 8.7                 | 13.4                  | 1.4               | 74.3                             | 2.2               | 1,690                  | 373                           |
| Gems.....                                                              | 10.4                | 10.5                  | 2.0               | 76.0                             | 1.1               | 1,695                  | 374                           |
| Glutens.....                                                           | 8.9                 | 13.6                  | 1.7               | 74.6                             | 1.2               | 1,715                  | 378                           |
| Macaroni.....                                                          | 10.3                | 13.4                  | .9                | 74.1                             | 1.3               | 1,665                  | 367                           |
| Cooked*.....                                                           | 78.4                | 3.0                   | 1.5               | 15.8                             | 1.3               | 415                    | 91                            |
| Noodles.....                                                           | 10.7                | 11.7                  | 1.0               | 75.6                             | 1.0               | 1,665                  | 367                           |
| Shredded.....                                                          | 8.1                 | 10.5                  | 1.4               | 77.9                             | 2.1               | 1,700                  | 375                           |
| Spaghetti.....                                                         | 10.6                | 12.1                  | .4                | 76.3                             | .6                | 1,660                  | 366                           |
| Vermicelli.....                                                        | 11.0                | 10.9                  | 2.0               | 72.0                             | 4.1               | 1,625                  | 358                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                      | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                      |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| B. BREAD, CRACKERS, PASTRY, ETC., as pur-<br>chased. |                     |                       |                   |                                  |                   |                        |                               |
| Bread:                                               |                     |                       |                   |                                  |                   |                        |                               |
| Brown.....                                           | 43.6                | 5.4                   | 1.8               | 47.1                             | 2.1               | 1,050                  | 231                           |
| Corn (johnnycake).....                               | 38.9                | 7.9                   | 4.7               | 46.3                             | 2.2               | 1,025                  | 266                           |
| Rye.....                                             | 35.7                | 9.0                   | .6                | 53.2                             | 1.5               | 1,180                  | 260                           |
| Wheat:                                               |                     |                       |                   |                                  |                   |                        |                               |
| Buns*.....                                           | 29.0                | 6.3                   | 6.5               | 57.3                             | .9                | 1,455                  | 321                           |
| Cinnamon*.....                                       | 23.6                | 9.4                   | 7.2               | 59.1                             | .7                | 1,575                  | 347                           |
| Currant*.....                                        | 27.5                | 6.7                   | 7.6               | 57.6                             | .6                | 1,515                  | 334                           |
| Hot cross*.....                                      | 36.7                | 7.9                   | 4.8               | 49.7                             | .9                | 1,275                  | 281                           |
| Sugar.....                                           | 29.6                | 8.1                   | 6.9               | 54.2                             | 1.2               | 1,450                  | 320                           |
| Gluten.....                                          | 38.2                | 9.3                   | 1.4               | 49.8                             | 1.3               | 1,160                  | 256                           |
| Graham.....                                          | 35.7                | 8.9                   | 1.8               | 52.1                             | 1.5               | 1,210                  | 267                           |
| Biscuit, home made.....                              | 32.9                | 8.7                   | 2.6               | 55.3                             | .5                | 1,300                  | 287                           |
| Soda*.....                                           | 22.9                | 9.3                   | 13.7              | 52.6                             | 1.5               | 1,730                  | 381                           |
| Rolls, French.....                                   | 32.0                | 8.5                   | 2.5               | 55.7                             | 1.3               | 1,300                  | 287                           |
| Vienna*.....                                         | 31.7                | 8.5                   | 2.2               | 56.5                             | 1.1               | 1,300                  | 287                           |
| All analyses.....                                    | 29.2                | 8.9                   | 4.1               | 56.7                             | 1.1               | 1,395                  | 308                           |
| Toasted.....                                         | 24.0                | 11.5                  | 1.6               | 61.2                             | 1.7               | 1,420                  | 313                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.          | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. |  | Ash.      |  | Fuel Value.            |                               |
|--------------------------|-----------|--|-----------|--|-----------|--|---------------------|--|-----------|--|------------------------|-------------------------------|
|                          | Per Cent. |  | Per Cent. |  | Per Cent. |  | Per Cent.           |  | Per Cent. |  | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| Bread—Continued.         |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| White, biscuit.....      | 35.2      |  | 8.0       |  | 1.4       |  | 54.3                |  | 1.1       |  | 1,220                  | 269                           |
| White, home made.....    | 35.0      |  | 9.1       |  | 1.6       |  | 53.3                |  | 1.0       |  | 1,225                  | 270                           |
| White, all analyses..... | 35.3      |  | 9.2       |  | 1.3       |  | 53.1                |  | 1.1       |  | 1,215                  | 268                           |
| Whole wheat.....         | 38.4      |  | 9.7       |  | .9        |  | 49.7                |  | 1.3       |  | 1,140                  | 251                           |
| Zwieback.....            | 5.8       |  | 9.8       |  | 9.9       |  | 73.5                |  | 1.0       |  | 1,970                  | 434                           |
| Crackers:                |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Boston (split).....      | 7.5       |  | 11.0      |  | 8.5       |  | 71.1                |  | 1.9       |  | 1,885                  | 416                           |
| Butter.....              | 7.2       |  | 9.6       |  | 10.1      |  | 71.6                |  | 1.5       |  | 1,935                  | 427                           |
| Cream.....               | 6.8       |  | 9.7       |  | 12.1      |  | 69.7                |  | 1.7       |  | 1,990                  | 439                           |
| Egg.....                 | 5.8       |  | 12.6      |  | 14.0      |  | 66.6                |  | 1.0       |  | 2,060                  | 454                           |
| Graham.....              | 5.4       |  | 10.0      |  | 9.4       |  | 73.8                |  | 1.4       |  | 1,955                  | 429                           |
| Oatmeal.....             | 6.3       |  | 11.8      |  | 11.1      |  | 69.0                |  | 1.8       |  | 1,970                  | 434                           |
| Oyster.....              | 4.8       |  | 11.3      |  | 10.5      |  | 70.5                |  | 2.9       |  | 1,965                  | 433                           |
| Pilot.....               | 8.7       |  | 11.1      |  | 5.0       |  | 74.2                |  | 1.0       |  | 1,800                  | 397                           |
| Pretzels.....            | 9.6       |  | 9.7       |  | 3.9       |  | 72.8                |  | 4.0       |  | 1,700                  | 375                           |
| Saltines.....            | 5.6       |  | 10.6      |  | 12.7      |  | 68.5                |  | 2.6       |  | 2,005                  | 442                           |
| Soda.....                | 5.9       |  | 9.8       |  | 9.1       |  | 73.1                |  | 2.1       |  | 1,925                  | 424                           |
| Water.....               | 6.4       |  | 11.7      |  | 5.0       |  | 75.7                |  | 1.2       |  | 1,835                  | 405                           |
| All analyses.....        | 6.8       |  | 10.7      |  | 8.8       |  | 71.9                |  | 1.8       |  | 1,905                  | 420                           |

TABLE IV.—Continued.

| FOOD MATERIALS.                 | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|---------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                 |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| Cake:                           |                     |                       |                   |                                  |                   |                        |                               |
| Baker's.....                    | 31.4                | 6.3                   | 4.6               | 56.9                             | .8                | 1,370                  | 302                           |
| Chocolate layer*.....           | 20.5                | 6.2                   | 8.1               | 64.1                             | 1.1               | 1,550                  | 364                           |
| Drop*.....                      | 16.6                | 7.6                   | 14.7              | 60.3                             | .8                | 1,885                  | 316                           |
| Frosted.....                    | 18.2                | 5.9                   | 9.0               | 64.8                             | 2.1               | 1,995                  | 374                           |
| Fruit.....                      | 17.3                | 5.9                   | 10.9              | 64.1                             | 1.8               | 1,760                  | 388                           |
| Gingerbread.....                | 18.8                | 5.8                   | 9.0               | 63.5                             | 2.9               | 1,670                  | 368                           |
| Sponge.....                     | 15.3                | 6.3                   | 10.7              | 65.9                             | 1.8               | 1,795                  | 396                           |
| All analyses, except fruit..... | 19.9                | 6.3                   | 9.0               | 63.3                             | 1.5               | 1,675                  | 369                           |
| Cookies, Cakes, etc.:           |                     |                       |                   |                                  |                   |                        |                               |
| Molasses cookies.....           | 6.2                 | 7.2                   | 8.7               | 75.7                             | 2.2               | 1,910                  | 421                           |
| Sugar cookies.....              | 8.3                 | 7.0                   | 10.2              | 73.2                             | 1.3               | 1,920                  | 423                           |
| All analyses.....               | 8.1                 | 7.0                   | 9.7               | 73.7                             | 1.5               | 1,910                  | 421                           |
| Ginger snaps.....               | 6.3                 | 6.5                   | 8.6               | 76.0                             | 2.7               | 1,895                  | 418                           |
| Lady fingers.....               | 15.0                | 8.8                   | 5.0               | 70.6                             | .6                | 1,685                  | 371                           |
| Macaroons.....                  | 12.3                | 6.5                   | 15.2              | 65.2                             | .8                | 1,975                  | 435                           |
| Wafers, miscellaneous.....      | 6.6                 | 8.7                   | 8.6               | 74.5                             | 1.6               | 1,910                  | 421                           |
| All analyses.....               | 6.6                 | 7.6                   | 11.6              | 72.9                             | 1.3               | 1,985                  | 438                           |
| Doughnuts.....                  | 18.3                | 6.7                   | 21.0              | 53.1                             | .9                | 2,000                  | 441                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                          | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.                   |                        |
|------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|-------------------------------|------------------------|
|                                          |                     |                       |                   |                                  |                   | Calories<br>per 100<br>Grams. | Calories<br>per Pound. |
| Pie:                                     |                     |                       |                   |                                  |                   |                               |                        |
| Apple.....                               | 42.5                | 3.1                   | 9.8               | 42.8                             | 1.8               | 1,270                         | 280                    |
| Cream.....                               | 32.0                | 4.4                   | 11.4              | 51.2                             | 1.0               | 1,515                         | 334                    |
| Custard*.....                            | 62.4                | 4.2                   | 6.3               | 26.1                             | 1.0               | 830                           | 183                    |
| Lemon*.....                              | 47.4                | 3.6                   | 10.1              | 37.4                             | 1.5               | 1,190                         | 262                    |
| Mince.....                               | 41.3                | 5.8                   | 12.3              | 38.1                             | 2.5               | 1,335                         | 294                    |
| Squash*.....                             | 64.2                | 4.4                   | 8.4               | 21.7                             | 1.3               | 840                           | 185                    |
| Puddings:                                |                     |                       |                   |                                  |                   |                               |                        |
| Indian meal*.....                        | 60.7                | 5.5                   | 4.8               | 27.5                             | 1.5               | 815                           | 180                    |
| Rice custard*.....                       | 59.4                | 4.0                   | 4.6               | 31.4                             | .6                | 825                           | 182                    |
| Tapioca.....                             | 64.5                | 3.3                   | 3.2               | 28.2                             | .8                | 720                           | 159                    |
| Tapioca, with apples*.....               | 70.1                | .3                    | .1                | 29.3                             | .2                | 555                           | 122                    |
| C. SUGARS, STARCHES, ETC., as purchased. |                     |                       |                   |                                  |                   |                               |                        |
| Candy.....                               | .....               | .....                 | .....             | 96.0                             | .....             | 1,785                         | 391                    |
| Honey.....                               | 18.2                | .4                    | .....             | 81.2                             | .2                | 1,520                         | 335                    |
| Molasses, cane.....                      | 25.1                | 2.4                   | .....             | 69.3                             | 3.2               | 1,290                         | 284                    |
| Starch, tapioca.....                     | 11.4                | .4                    | .1                | 88.0                             | .1                | 1,650                         | 364                    |
| Sugar, coffee or brown.....              | .....               | .....                 | .....             | 95.0                             | .....             | 1,765                         | 389                    |
| Granulated.....                          | .....               | .....                 | .....             | 100.0                            | .....             | 1,860                         | 410                    |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                      | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                      |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| C. SUGAR, STARCH, ETC., as purchased—Con-<br>tinued. |                     |                       |                   |                                  |                   |                        |                               |
| Sugar, maple.....                                    | .....               | .....                 | .....             | 82.8                             | .....             | 1,540                  | 339                           |
| Powdered.....                                        | .....               | .....                 | .....             | 100.0                            | .....             | 1,860                  | 410                           |
| Sirup, maple.....                                    | .....               | .....                 | .....             | 71.4                             | .....             | 1,330                  | 293                           |
| D. VEGETABLES.                                       |                     |                       |                   |                                  |                   |                        |                               |
| Artichokes, as purchased.....                        | 79.5                | 2.6                   | .2                | 16.7                             | 1.0               | 365                    | 80                            |
| Asparagus, fresh, as purchased.....                  | 94.0                | 1.8                   | .2                | 3.3                              | .7                | 105                    | 21                            |
| Cooked, as purchased*.....                           | 91.6                | 2.1                   | 3.3               | 2.2                              | .8                | 220                    | 48                            |
| Beans, butter, green.....                            | 58.9                | 9.4                   | .6                | 29.1                             | 2.0               | 740                    | 163                           |
| Dried, as purchased.....                             | 12.6                | 22.5                  | 1.8               | 59.6                             | 3.5               | 1,605                  | 354                           |
| Lima, dried, as purchased.....                       | 10.4                | 18.1                  | 1.5               | 65.9                             | 4.1               | 1,625                  | 358                           |
| Lima, fresh.....                                     | 68.5                | 7.1                   | .7                | 22.0                             | 1.7               | 576                    | 127                           |
| String, cooked*.....                                 | 95.3                | .8                    | 1.1               | 1.9                              | .9                | 95                     | 21                            |
| String, fresh, as purchased.....                     | 83.0                | 2.1                   | .3                | 6.9                              | .7                | 180                    | 40                            |
| Beets, cooked*.....                                  | 88.6                | 2.3                   | 1.1               | 7.4                              | 1.6               | 185                    | 41                            |
| Cabbage.....                                         | 91.5                | 1.6                   | .3                | 5.6                              | 1.0               | 145                    | 32                            |
| Carrots, fresh.....                                  | 88.2                | 1.1                   | .4                | 9.3                              | 1.0               | 210                    | 46                            |
| Cauliflower, as purchased.....                       | 92.3                | 1.8                   | .5                | 4.7                              | .7                | 140                    | 31                            |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                          | Water.    |      | Protein.  |      | Fat.      |     | Carbo-<br>hydrates. |     | Ash.      |  | Fuel Value.            |                               |
|------------------------------------------|-----------|------|-----------|------|-----------|-----|---------------------|-----|-----------|--|------------------------|-------------------------------|
|                                          | Per Cent. |      | Per Cent. |      | Per Cent. |     | Per Cent.           |     | Per Cent. |  | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| D. VEGETABLES—Continued.                 |           |      |           |      |           |     |                     |     |           |  |                        |                               |
| Celery.....                              | 94.5      | 1.1  | 1.1       | .1   | 3.3       | 1.0 | 85                  | 19  |           |  |                        |                               |
| Corn, green.....                         | 75.4      | 3.1  | 3.1       | 1.1  | 19.7      | .7  | 470                 | 104 |           |  |                        |                               |
| Cucumbers.....                           | 95.4      | .8   | .8        | .2   | 3.1       | .5  | 80                  | 18  |           |  |                        |                               |
| Eggplant*.....                           | 92.9      | 1.2  | 1.2       | .3   | 5.1       | .5  | 130                 | 29  |           |  |                        |                               |
| Greens, beet, cooked, as purchased*..... | 89.5      | 2.2  | 2.2       | 3.4  | 3.2       | 1.7 | 245                 | 54  |           |  |                        |                               |
| Dandelion, as purchased*.....            | 81.4      | 2.4  | 2.4       | 1.0  | 10.6      | 4.6 | 285                 | 63  |           |  |                        |                               |
| Lentils, dried, as purchased.....        | 8.4       | 25.7 | 25.7      | 1.0  | 59.2      | 5.7 | 1,620               | 357 |           |  |                        |                               |
| Lettuce.....                             | 94.7      | 1.2  | 1.2       | .3   | 2.9       | .9  | 90                  | 20  |           |  |                        |                               |
| Mushrooms, as purchased.....             | 88.1      | 3.5  | 3.5       | .4   | 6.8       | 1.2 | 210                 | 46  |           |  |                        |                               |
| Okra.....                                | 90.2      | 1.6  | 1.6       | .2   | 7.4       | .6  | 175                 | 39  |           |  |                        |                               |
| Onions, fresh.....                       | 87.6      | 1.6  | 1.6       | .3   | 9.9       | .6  | 225                 | 49  |           |  |                        |                               |
| Cooked, prepared, as purchased*.....     | 91.2      | 1.2  | 1.2       | 1.8  | 4.9       | .9  | 190                 | 42  |           |  |                        |                               |
| Parsnips.....                            | 83.0      | 1.6  | 1.6       | .5   | 13.5      | 1.4 | 300                 | 66  |           |  |                        |                               |
| Peas, dried, as purchased.....           | 9.5       | 24.6 | 24.6      | 1.0  | 62.0      | 2.9 | 1,655               | 365 |           |  |                        |                               |
| Green.....                               | 74.6      | 7.0  | 7.0       | .5   | 16.9      | 1.0 | 465                 | 102 |           |  |                        |                               |
| Green, cooked, as purchased*.....        | 73.8      | 6.7  | 6.7       | 3.4  | 14.6      | 1.5 | 540                 | 119 |           |  |                        |                               |
| Potatoes, raw or fresh.....              | 78.3      | 2.2  | 2.2       | .1   | 18.4      | 1.0 | 385                 | 85  |           |  |                        |                               |
| Cooked, boiled, as purchased.....        | 75.5      | 2.5  | 2.5       | .1   | 20.9      | 1.0 | 440                 | 97  |           |  |                        |                               |
| Cooked, chips, as purchased.....         | 2.2       | 6.8  | 6.8       | 39.8 | 46.7      | 4.5 | 2,675               | 589 |           |  |                        |                               |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                       | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. |  | Ash.      |  | Fuel Value.                   |                               |
|-------------------------------------------------------|-----------|--|-----------|--|-----------|--|---------------------|--|-----------|--|-------------------------------|-------------------------------|
|                                                       | Per Cent. |  | Per Cent. |  | Per Cent. |  | Per Cent.           |  | Per Cent. |  | Calories<br>per 100<br>Pound. | Calories<br>per 100<br>Grams. |
| D. VEGETABLES—Continued.                              |           |  |           |  |           |  |                     |  |           |  |                               |                               |
| Potatoes, cooked, mashed and creamed,<br>as purchased | 75.1      |  | 2.6       |  | 3.0       |  | 17.8                |  | 1.5       |  | 505                           | 111                           |
| Sweet, raw or fresh                                   | 69.0      |  | 1.8       |  | .7        |  | 27.4                |  | 1.1       |  | 570                           | 126                           |
| Sweet, cooked and prepared, as pur-<br>chased*        | 51.9      |  | 3.0       |  | 2.1       |  | 42.1                |  | .9        |  | 925                           | 204                           |
| Pumpkins                                              | 93.1      |  | 1.0       |  | .1        |  | 5.2                 |  | .6        |  | 120                           | 26                            |
| Radishes                                              | 91.8      |  | 1.3       |  | .1        |  | 5.8                 |  | 1.0       |  | 135                           | 30                            |
| Rhubarb                                               | 94.4      |  | .6        |  | .7        |  | 3.6                 |  | .7        |  | 105                           | 23                            |
| Sauerkraut, as purchased                              | 88.8      |  | 1.7       |  | .5        |  | 3.8                 |  | 5.2       |  | 125                           | 28                            |
| Spinach, fresh, as purchased                          | 92.3      |  | 2.1       |  | .3        |  | 3.2                 |  | 2.1       |  | 110                           | 24                            |
| Cooked, as purchased*                                 | 89.8      |  | 2.1       |  | 4.1       |  | 2.6                 |  | 1.4       |  | 260                           | 57                            |
| Squash                                                | 88.3      |  | 1.4       |  | .5        |  | 9.0                 |  | .8        |  | 215                           | 47                            |
| Tomatoes, fresh, as purchased                         | 94.3      |  | .9        |  | .4        |  | 3.9                 |  | .5        |  | 105                           | 23                            |
| Turnips                                               | 89.6      |  | 1.3       |  | .2        |  | 8.1                 |  | .8        |  | 185                           | 41                            |
| Canned, as purchased.                                 |           |  |           |  |           |  |                     |  |           |  |                               |                               |
| Asparagus                                             | 94.4      |  | 1.5       |  | .1        |  | 2.8                 |  | 1.2       |  | 85                            | 19                            |
| Beans, baked                                          | 68.9      |  | 6.9       |  | 2.5       |  | 19.6                |  | 2.1       |  | 600                           | 132                           |
| String                                                | 93.7      |  | 1.1       |  | .1        |  | 3.8                 |  | 1.3       |  | 95                            | 21                            |
| Little, green *                                       | 93.8      |  | 1.2       |  | .1        |  | 3.4                 |  | 1.5       |  | 90                            | 20                            |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                    | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|----------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                    |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Canned, as purchased—Continued.</i>             |                     |                       |                   |                                  |                   |                        |                               |
| Beans, haricots verts.....                         | 95.2                | 1.1                   | .1                | 2.5                              | 1.1               | 70                     | 15                            |
| Lima.....                                          | 79.5                | 4.0                   | .3                | 14.6                             | 1.6               | 360                    | 79                            |
| Red kidney*.....                                   | 72.7                | 7.0                   | .2                | 18.5                             | 1.6               | 480                    | 106                           |
| Brussels sprouts*.....                             | 93.7                | 1.5                   | .1                | 3.4                              | 1.3               | 95                     | 21                            |
| Corn, green.....                                   | 76.1                | 2.8                   | 1.2               | 19.0                             | .9                | 455                    | 103                           |
| Okra.....                                          | 94.4                | .7                    | .1                | 3.6                              | 1.2               | 85                     | 19                            |
| Peas, green.....                                   | 85.3                | 3.6                   | .2                | 9.8                              | 1.1               | 255                    | 56                            |
| Pumpkins.....                                      | 91.6                | .8                    | .2                | 6.7                              | .7                | 150                    | 33                            |
| Squash.....                                        | 87.6                | .9                    | .5                | 10.5                             | .5                | 235                    | 52                            |
| Succotash.....                                     | 75.9                | 3.6                   | 1.0               | 18.6                             | .9                | 455                    | 103                           |
| Tomatoes.....                                      | 94.0                | 1.2                   | .2                | 4.0                              | .6                | 105                    | 23                            |
| <i>E. PICKLES, CONDIMENTS, ETC., as purchased.</i> |                     |                       |                   |                                  |                   |                        |                               |
| Catsup, tomato.....                                | 82.8                | 1.5                   | .2                | 12.3                             | 3.2               | 265                    | 58                            |
| Horse-radish.....                                  | 86.4                | 1.4                   | .2                | 10.5                             | 1.5               | 230                    | 51                            |
| Olives, green*.....                                | 42.3                | .8                    | 20.2              | 8.5                              | 1.2               | 1,025                  | 226                           |
| Ripe*.....                                         | 52.4                | 1.4                   | 21.0              | 3.5                              | 2.7               | 975                    | 215                           |
| Pickles, cucumber.....                             | 92.9                | .5                    | .3                | 2.7                              | 3.6               | 70                     | 15                            |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                          | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|----------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                          |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| E. PICKLES, CONDIMENTS, ETC., as purchased—<br>Continued |                     |                       |                   |                                  |                   |                        |                               |
| Pickles, mixed*                                          | 93.8                | 1.1                   | .4                | 4.0                              | .7                | 110                    | 24                            |
| Spiced*                                                  | 77.1                | .4                    | .1                | 20.7                             | 1.7               | 395                    | 87                            |
| F. FRUITS, BERRIES, ETC.                                 |                     |                       |                   |                                  |                   |                        |                               |
| <i>Fresh.</i>                                            |                     |                       |                   |                                  |                   |                        |                               |
| Apples:                                                  |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion.....                                      | 84.6                | .4                    | .5                | 14.2                             | .3                | 290                    | 64                            |
| As purchased.....                                        | 63.3                | .3                    | .3                | 10.8                             | .3                | 220                    | 49                            |
| Refuse—25.0.....                                         | 85.0                | 1.1                   | .....             | 13.4                             | .5                | 270                    | 59                            |
| Apricots.....                                            |                     |                       |                   |                                  |                   |                        |                               |
| Bananas, yellow:                                         |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion.....                                      | 75.3                | 1.3                   | .6                | 22.0                             | .8                | 460                    | 101                           |
| As purchased.....                                        | 48.9                | .8                    | .4                | 14.3                             | .6                | 300                    | 66                            |
| Refuse—35.0.....                                         |                     |                       |                   |                                  |                   |                        |                               |
| Blackberries, as purchased.....                          | 86.3                | 1.3                   | 1.0               | 10.9                             | .5                | 270                    | 15                            |
| Cherries, as purchased.....                              | 76.8                | .9                    | .8                | 15.9                             | .6                | 345                    | 76                            |
| Refuse—5.0.....                                          |                     |                       |                   |                                  |                   |                        |                               |
| Cranberries, as purchased.....                           | 88.9                | .4                    | .6                | 9.9                              | .2                | 215                    | 47                            |
| Currents, as purchased*.....                             | 85.0                | 1.5                   | .....             | 12.8                             | .7                | 265                    | 58                            |
| Figs, fresh, as purchased.....                           | 79.1                | 1.5                   | .....             | 18.8                             | .6                | 380                    | 84                            |
| Grapes, as purchased.....                                | 58.0                | 1.0                   | 1.2               | 14.4                             | .4                | 335                    | 74                            |
| Refuse—25.0.....                                         |                     |                       |                   |                                  |                   |                        |                               |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                     | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|-------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                     |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh—Continued.</i>             |                     |                       |                   |                                  |                   |                        |                               |
| Huckleberries* . . . . .            | 81.9                | .6                    | .6                | 16.6                             | .3                | 345                    | 76                            |
| Lemons:                             |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion . . . . .            | 89.3                | 1.0                   | .7                | 8.5                              | .5                | 205                    | 45                            |
| As purchased . . . . . Refuse—30.0  | 62.5                | .7                    | .5                | 5.9                              | .4                | 145                    | 32                            |
| Lemon juice . . . . .               |                     |                       |                   | 9.8                              |                   | 180                    | 40                            |
| Muskmelons:                         |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion* . . . . .           | 89.5                | .6                    |                   | 9.3                              | .6                | 185                    | 41                            |
| As purchased* . . . . . Refuse—50.0 | 44.8                | .3                    |                   | 4.6                              | .3                | 90                     | 20                            |
| Nectarines* . . . . .               | 82.9                | .6                    |                   | 15.9                             | .6                | 305                    | 67                            |
| Oranges:                            |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion . . . . .            | 86.9                | .8                    | .2                | 11.6                             | .5                | 240                    | 53                            |
| As purchased . . . . . Refuse—27.0  | 63.4                | .6                    | .1                | 8.5                              | .4                | 170                    | 37                            |
| Peaches:                            |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion . . . . .            | 89.4                | .7                    | .1                | 9.4                              | .4                | 190                    | 42                            |
| As purchased . . . . . Refuse—18.0  | 73.3                | .5                    | .1                | 7.7                              | .3                | 155                    | 34                            |
| Pears:                              |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion . . . . .            | 84.4                | .6                    | .5                | 14.1                             | .4                | 295                    | 65                            |
| As purchased . . . . . Refuse—10.0  | 76.0                | .5                    | .4                | 12.7                             | .4                | 260                    | 57                            |
| Persimmons* . . . . .               | 66.1                | .8                    | .7                | 31.5                             | .9                | 630                    | 139                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                    | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                    |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Fresh</i> —Continued.           |                     |                       |                   |                                  |                   |                        |                               |
| Pineapple*.....                    | 89.3                | .4                    | .3                | 9.7                              | .3                | 200                    | 44                            |
| Plums:                             |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion.....                | 78.4                | 1.0                   | .....             | 20.1                             | .5                | 395                    | 87                            |
| As purchased.....                  | 74.5                | .9                    | .....             | 19.1                             | .5                | 370                    | 81                            |
| Refuse—5.0                         |                     |                       |                   |                                  |                   |                        |                               |
| Pomegranates.....                  | 76.8                | 1.5                   | 1.6               | 19.5                             | .6                | 460                    | 101                           |
| Prunes.....                        | 79.6                | .9                    | .....             | 18.9                             | .6                | 370                    | 81                            |
| Raspberries, red, as purchased*    | 85.8                | 1.0                   | .....             | 12.6                             | .6                | 255                    | 56                            |
| Raspberries, black.....            | 84.1                | 1.7                   | 1.0               | 12.6                             | .6                | 310                    | 68                            |
| Raspberry juice*.....              | 49.3                | .5                    | .....             | 49.9                             | .3                | 935                    | 206                           |
| Strawberries.....                  | 90.4                | 1.0                   | .6                | 7.4                              | .6                | 180                    | 40                            |
| Watermelons:                       |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion.....                | 92.4                | .4                    | .2                | 6.7                              | .3                | 140                    | 31                            |
| As purchased.....                  | 37.5                | .2                    | .1                | 2.7                              | .1                | 60                     | 13                            |
| Refuse—59.4                        |                     |                       |                   |                                  |                   |                        |                               |
| <i>Dried.</i>                      |                     |                       |                   |                                  |                   |                        |                               |
| Apples, as purchased.....          | 28.1                | 1.6                   | 2.2               | 66.1                             | 2.0               | 1,350                  | 298                           |
| Apricots, as purchased.....        | 29.4                | 4.7                   | 1.0               | 62.5                             | 2.4               | 1,290                  | 284                           |
| Citron, as purchased.....          | 19.0                | .5                    | 1.5               | 78.1                             | .9                | 1,525                  | 336                           |
| Currants, Zante, as purchased..... | 17.2                | 2.4                   | 1.7               | 74.2                             | 4.5               | 1,495                  | 330                           |
| Dates.....                         | 15.4                | 2.1                   | 2.8               | 78.4                             | 1.3               | 1,615                  | 356                           |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                                  | Water.<br>Per Cent. | Protein.<br>Per Cent | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|------------------------------------------------------------------|---------------------|----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                                  |                     |                      |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Dried—Continued.</i>                                          |                     |                      |                   |                                  |                   |                        |                               |
| Figs, as purchased.....                                          | 18.8                | 4.3                  | .3                | 74.2                             | 2.4               | 1,475                  | 325                           |
| Pears, as purchased*.....                                        | 16.5                | 2.8                  | 5.4               | 72.9                             | 2.4               | 1,635                  | 360                           |
| Prunes.....                                                      | 22.3                | 2.1                  | .....             | 73.3                             | 2.3               | 1,400                  | 309                           |
| Raisins.....                                                     | 14.6                | 2.6                  | 3.3               | 76.1                             | 3.4               | 1,605                  | 354                           |
| Raspberries, as purchased*.....                                  | 8.1                 | 7.3                  | 1.8               | 80.2                             | 2.6               | 1,705                  | 377                           |
| <i>Canned; and Jellies, Preserves, etc., as pur-<br/>chased.</i> |                     |                      |                   |                                  |                   |                        |                               |
| Apples, crab*.....                                               | 42.4                | .3                   | 2.4               | 54.4                             | .5                | 1,120                  | 247                           |
| Apple sauce*.....                                                | 61.1                | .2                   | .8                | 37.2                             | .7                | 730                    | 161                           |
| Apricots*.....                                                   | 81.4                | .9                   | .....             | 17.3                             | .4                | 340                    | 75                            |
| Apricot sauce*.....                                              | 45.2                | 1.9                  | 1.3               | 48.8                             | 2.8               | 1,000                  | 220                           |
| Blackberries*.....                                               | 40.0                | .8                   | 2.1               | 56.4                             | .7                | 1,150                  | 254                           |
| Blueberries.....                                                 | 85.6                | .6                   | .6                | 12.8                             | .4                | 275                    | 61                            |
| Cherries*.....                                                   | 77.2                | 1.1                  | .1                | 21.1                             | .5                | 415                    | 91                            |
| Cherry jelly*.....                                               | 21.0                | 1.1                  | .....             | 77.2                             | .7                | 1,455                  | 321                           |
| Figs, stewed.....                                                | 56.5                | 1.2                  | .3                | 40.9                             | 1.1               | 785                    | 173                           |
| Marmalade (orange peel)*.....                                    | 14.5                | .6                   | .1                | 84.5                             | .3                | 1,585                  | 349                           |
| Peaches.....                                                     | 88.1                | .7                   | .1                | 10.8                             | .3                | 220                    | 49                            |
| Pears.....                                                       | 81.1                | .3                   | .3                | 18.0                             | .3                | 355                    | 78                            |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                                            | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|----------------------------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                                            |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Canned; and Jellies, Preserves, etc., as pur-<br/>chased—Continued.</i> |                     |                       |                   |                                  |                   |                        |                               |
| Pineapples*                                                                | 61.8                | .4                    | .7                | 36.4                             | .7                | 715                    | 158                           |
| Prune sauce*                                                               | 76.6                | .5                    | .1                | 22.3                             | .5                | 430                    | 95                            |
| Strawberries, stewed*                                                      | 74.8                | .7                    | .....             | 24.0                             | .5                | 460                    | 101                           |
| Tomato preserves*                                                          | 40.9                | .7                    | .1                | 57.6                             | .7                | 1,090                  | 230                           |
| <b>G. NUTS.</b>                                                            |                     |                       |                   |                                  |                   |                        |                               |
| Almonds.....                                                               | 4.8                 | 21.0                  | 54.9              | 17.3                             | 2.0               | 3,030                  | 668                           |
| Beechnuts*                                                                 | 4.0                 | 21.9                  | 57.4              | 13.2                             | 3.5               | 3,075                  | 678                           |
| "Biotés" (acorns), ( <i>Quercus emoryi</i> )*                              | 4.1                 | 8.1                   | 37.4              | 48.0                             | 2.4               | 2,620                  | 578                           |
| Brazil nuts ( <i>Bertholletia excelsa</i> )*                               | 5.3                 | 17.0                  | 66.8              | 7.0                              | 3.9               | 3,265                  | 720                           |
| Butternuts ( <i>Juglans cinerea</i> )*                                     | 4.4                 | 27.9                  | 61.2              | 3.5                              | 2.9               | 3,165                  | 698                           |
| Chestnuts:                                                                 |                     |                       |                   |                                  |                   |                        |                               |
| Edible portion.....                                                        | 45.0                | 6.2                   | 5.4               | 42.1                             | 1.3               | 1,125                  | 246                           |
| As purchased.....                                                          | 37.8                | 5.2                   | 4.5               | 35.4                             | 1.1               | 945                    | 208                           |
| Refuse—16.0                                                                |                     |                       |                   |                                  |                   |                        |                               |
| Cocanuts*                                                                  | 14.1                | 5.7                   | 50.6              | 27.9                             | 1.7               | 2,760                  | 608                           |
| Cocanut without milk, as purchased                                         |                     |                       |                   |                                  |                   |                        |                               |
| Refuse—37.3                                                                |                     |                       |                   |                                  |                   |                        |                               |
| Milk, as purchased*                                                        | 8.9                 | 3.6                   | 31.7              | 17.5                             | 1.0               | 1,730                  | 381                           |
| Refuse—37.3                                                                | 92.7                | .4                    | 1.5               | 4.6                              | .8                | 155                    | 34                            |

\* One analysis.

TABLE IV.—Continued.

| FOOD MATERIALS.                                                  | Water.    |  | Protein.  |  | Fat.      |  | Carbo-<br>hydrates. |  | Ash.      |  | Fuel Value.            |                               |
|------------------------------------------------------------------|-----------|--|-----------|--|-----------|--|---------------------|--|-----------|--|------------------------|-------------------------------|
|                                                                  | Per Cent. |  | Per Cent. |  | Per Cent. |  | Per Cent.           |  | Per Cent. |  | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| G. NUTS—Continued.                                               |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Cocoanut, prepared, as purchased.....                            | 3.5       |  | 6.3       |  | 57.4      |  | 31.5                |  | 1.3       |  | 3,125                  | 689                           |
| Filberts*.....                                                   | 3.7       |  | 15.6      |  | 65.3      |  | 13.0                |  | 2.4       |  | 3,290                  | 725                           |
| Hickory nuts*.....                                               | 3.7       |  | 15.4      |  | 67.4      |  | 11.4                |  | 2.1       |  | 3,345                  | 737                           |
| Lichi nuts*.....                                                 | 17.9      |  | 2.9       |  | .2        |  | 77.5                |  | 1.5       |  | 1,505                  | 332                           |
| Peanuts:                                                         |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Edible portion.....                                              | 9.2       |  | 25.8      |  | 38.6      |  | 24.4                |  | 2.0       |  | 2,560                  | 564                           |
| As purchased.....                                                | 6.9       |  | 19.5      |  | 29.1      |  | 18.5                |  | 1.5       |  | 1,935                  | 427                           |
| Refuse—24.5.....                                                 | 2.1       |  | 29.3      |  | 46.5      |  | 17.1                |  | 5.0       |  | 2,825                  | 623                           |
| Peanut butter, as purchased.....                                 | 3.0       |  | 11.0      |  | 71.2      |  | 13.3                |  | 1.5       |  | 3,455                  | 762                           |
| Pecans, polished*.....                                           | 2.7       |  | 9.6       |  | 70.5      |  | 15.3                |  | 1.9       |  | 3,435                  | 757                           |
| Unpolished*.....                                                 | 4.2       |  | 22.3      |  | 54.0      |  | 16.3                |  | 3.2       |  | 2,995                  | 660                           |
| Pistachios, first quality, shelled*.....                         | 2.5       |  | 18.4      |  | 64.4      |  | 13.0                |  | 1.7       |  | 3,300                  | 728                           |
| Walnuts, California*.....                                        |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| H. MISCELLANEOUS, as purchased.                                  |           |  |           |  |           |  |                     |  |           |  |                        |                               |
| Chocolate.....                                                   | 5.9       |  | 12.9      |  | 48.7      |  | 30.3                |  | 2.2       |  | 2,860                  | 631                           |
| Cocoa.....                                                       | 4.6       |  | 21.6      |  | 28.9      |  | 37.7                |  | 7.2       |  | 2,320                  | 511                           |
| Cereal coffee infusion (1 part boiled in 20<br>parts water)..... | 98.2      |  | .2        |  | .....     |  | 1.4                 |  | .2        |  | 30                     | 7                             |
| Yeast, compressed*.....                                          | 65.1      |  | 11.7      |  | .4        |  | 21.0                |  | 1.8       |  | 625                    | 138                           |

\* One analysis.

TABLE IV.—Continued.

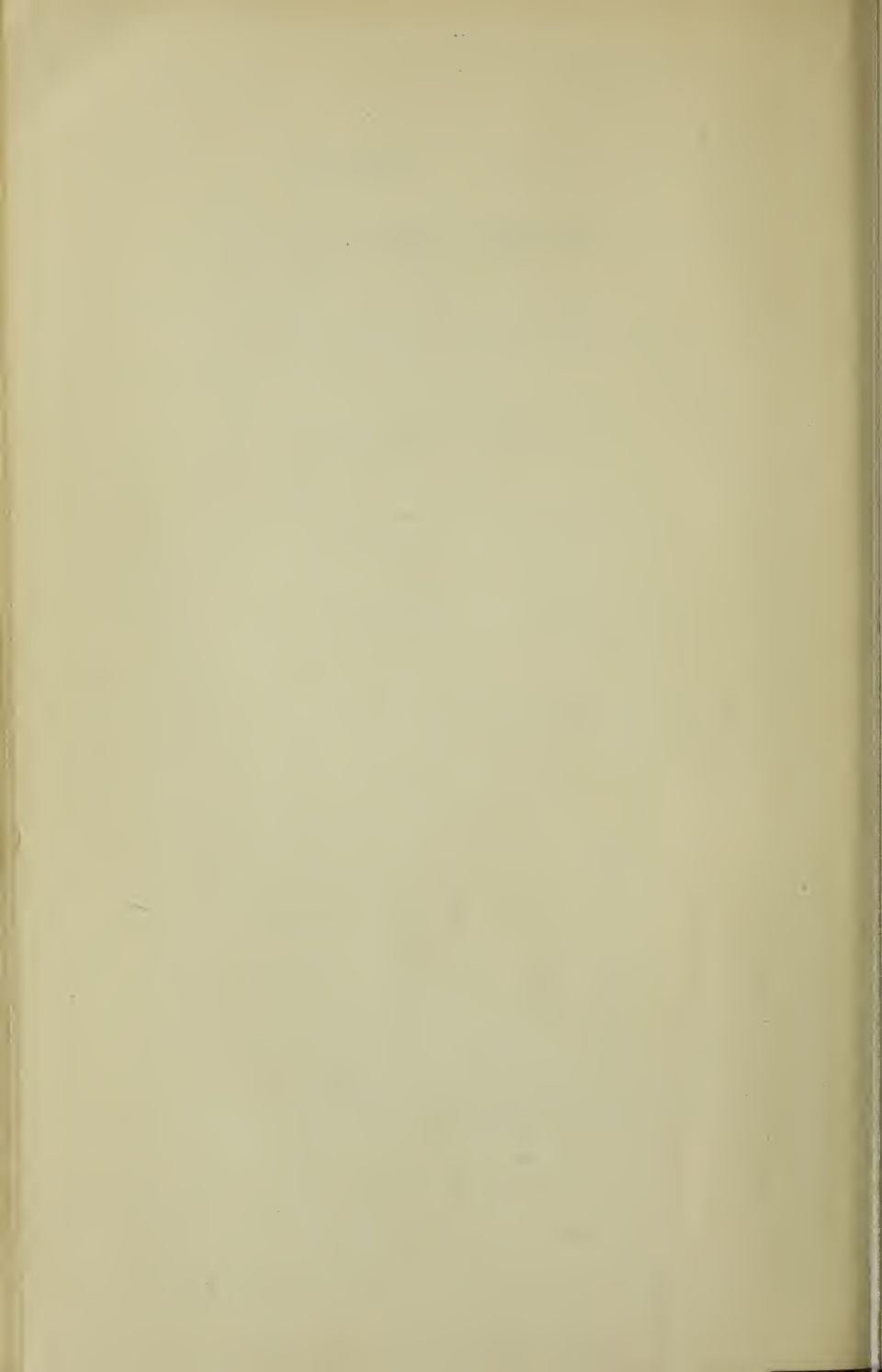
| FOOD MATERIALS.                                       | Water.<br>Per Cent. | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|-------------------------------------------------------|---------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                                       |                     |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| UNCLASSIFIED FOOD MATERIALS.<br>ANIMAL AND VEGETABLE. |                     |                       |                   |                                  |                   |                        |                               |
| A. SOUPS, HOME MADE, as purchased.                    |                     |                       |                   |                                  |                   |                        |                               |
| Beef.....                                             | 92.9                | 4.4                   | .4                | 1.1                              | 1.2               | 120                    | 26                            |
| Bean*.....                                            | 84.3                | 3.2                   | 1.4               | 9.4                              | 1.7               | 295                    | 65                            |
| Chicken*.....                                         | 84.3                | 10.5                  | .8                | 2.4                              | 2.0               | 275                    | 61                            |
| Clam chowder.....                                     | 88.7                | 1.8                   | .8                | 6.7                              | 2.0               | 195                    | 43                            |
| Meat stew.....                                        | 84.5                | 4.6                   | 4.3               | 5.5                              | 1.1               | 370                    | 81                            |
| Canned, as purchased.                                 |                     |                       |                   |                                  |                   |                        |                               |
| Asparagus, cream of*.....                             | 87.4                | 2.5                   | 3.2               | 5.5                              | 1.4               | 285                    | 63                            |
| Bouillon.....                                         | 96.6                | 2.2                   | .1                | .2                               | .9                | 50                     | 11                            |
| Celery, cream of*.....                                | 88.6                | 2.1                   | 2.8               | 5.0                              | 1.5               | 250                    | 55                            |
| Chicken gumbo.....                                    | 89.2                | 3.8                   | .9                | 4.7                              | 1.4               | 195                    | 43                            |
| Chicken.....                                          | 93.8                | 3.6                   | .1                | 1.5                              | 1.0               | 100                    | 22                            |
| Consommé*.....                                        | 96.0                | 2.5                   | .....             | .4                               | 1.1               | 55                     | 12                            |
| Corn, cream of*.....                                  | 86.8                | 2.5                   | 1.9               | 7.8                              | 1.0               | 270                    | 59                            |
| Julienne*.....                                        | 95.9                | 2.7                   | .....             | .5                               | .9                | 60                     | 13                            |
| Mock turtle.....                                      | 89.8                | 5.2                   | .9                | 2.8                              | 1.3               | 185                    | 41                            |
| Mulligatawny.....                                     | 89.3                | 3.7                   | .1                | 5.7                              | 1.2               | 180                    | 40                            |

\* One analysis.

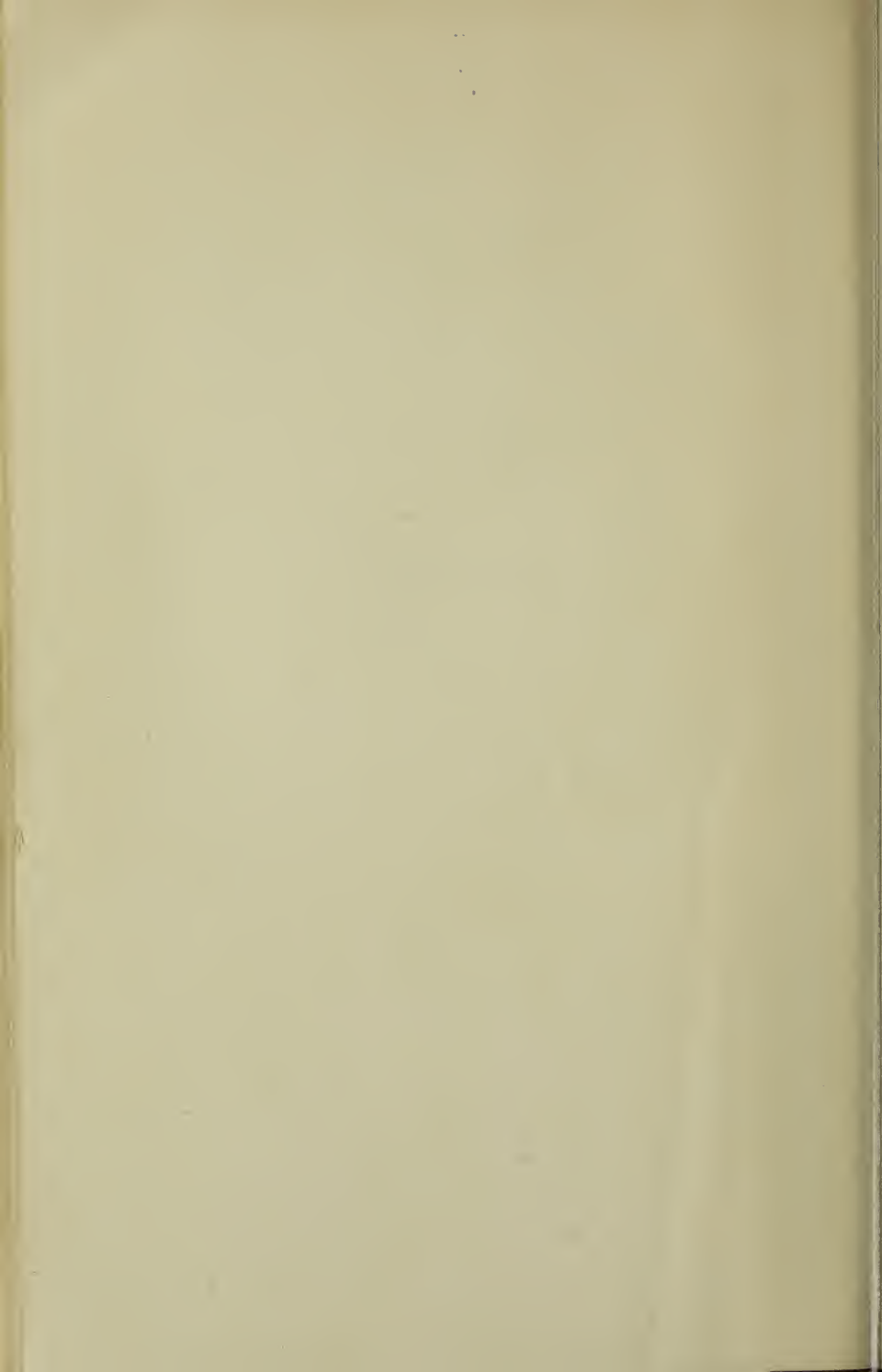
TABLE IV.—*Concluded.*

| FOOD MATERIALS.                        | Water.<br>Per Cent | Protein.<br>Per Cent. | Fat.<br>Per Cent. | Carbo-<br>hydrates.<br>Per Cent. | Ash.<br>Per Cent. | Fuel Value.            |                               |
|----------------------------------------|--------------------|-----------------------|-------------------|----------------------------------|-------------------|------------------------|-------------------------------|
|                                        |                    |                       |                   |                                  |                   | Calories<br>per Pound. | Calories<br>per 100<br>Grams. |
| <i>Canned, as purchased—Continued.</i> |                    |                       |                   |                                  |                   |                        |                               |
| Oxtail.....                            | 88.8               | 4.0                   | 1.3               | 4.3                              | 1.6               | 210                    | 46                            |
| Pea.....                               | 86.9               | 3.6                   | .7                | 7.6                              | 1.2               | 235                    | 52                            |
| Pea, cream of green*                   | 87.7               | 2.6                   | 2.7               | 5.7                              | 1.3               | 270                    | 60                            |
| Tomato.....                            | 90.0               | 1.8                   | 1.1               | 5.6                              | 1.5               | 185                    | 41                            |
| Turtle, green*                         | 86.6               | 6.1                   | 1.9               | 3.9                              | 1.5               | 265                    | 58                            |
| Vegetable*                             | 95.7               | 2.9                   | .....             | .5                               | .9                | 65                     | 14                            |
| <b>B. MISCELLANEOUS, as purchased.</b> |                    |                       |                   |                                  |                   |                        |                               |
| Hash*                                  | 80.3               | 6.0                   | 1.9               | 9.4                              | 2.4               | 365                    | 80                            |
| Minced meat, commercial.....           | 27.7               | 6.7                   | 1.4               | 60.2                             | 4.0               | 1,305                  | 288                           |
| Home made.....                         | 54.4               | 4.8                   | 6.7               | 32.1                             | 2.0               | 970                    | 214                           |
| Salad, ham*                            | 69.4               | 15.4                  | 7.6               | 5.6                              | 2.0               | 710                    | 157                           |
| Sandwich, egg*                         | 41.4               | 9.6                   | 12.7              | 34.5                             | 1.8               | 1,355                  | 299                           |
| Chicken*                               | 48.5               | 12.3                  | 5.4               | 32.1                             | 1.7               | 1,055                  | 232                           |

\* One analysis.



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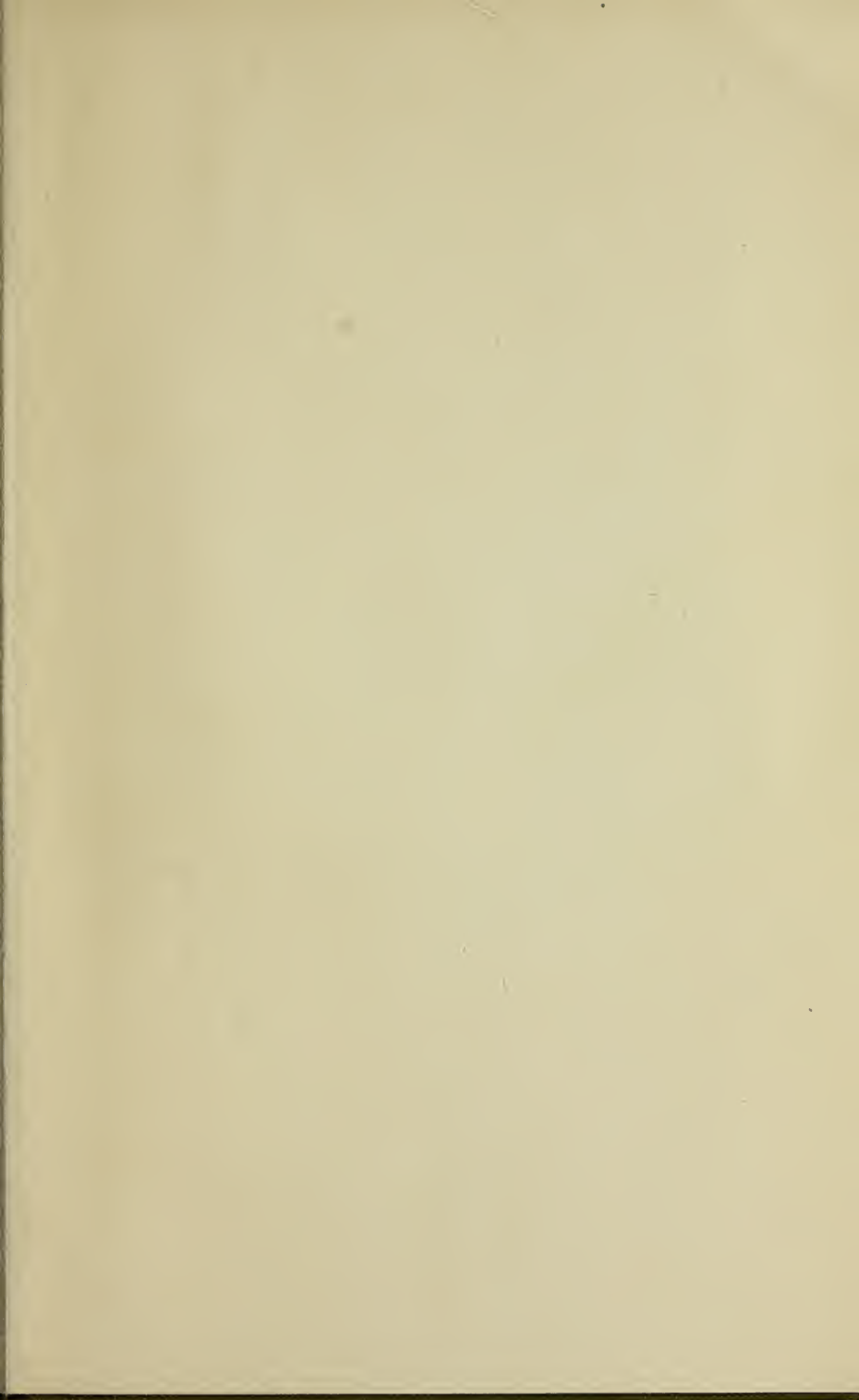
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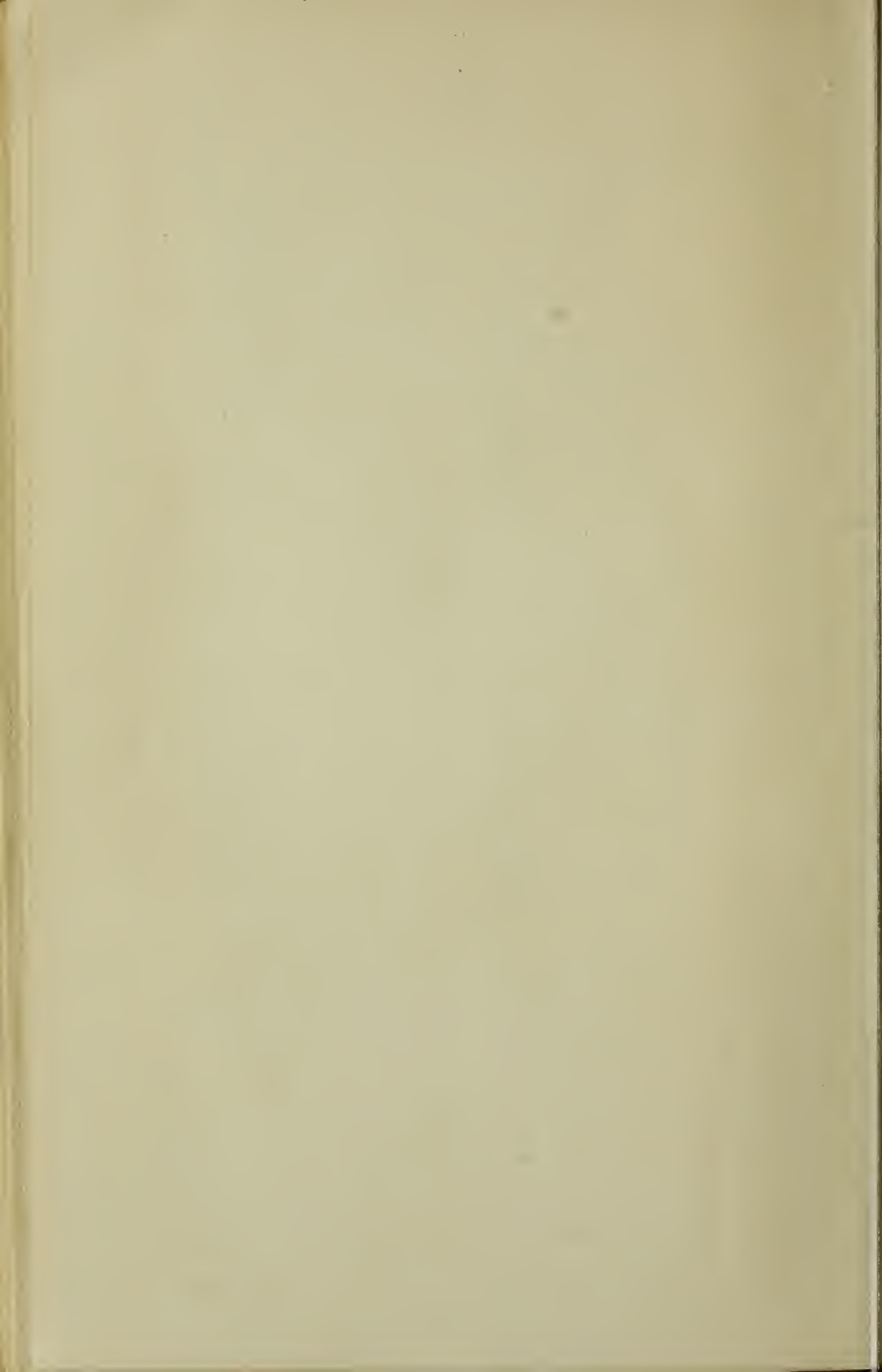
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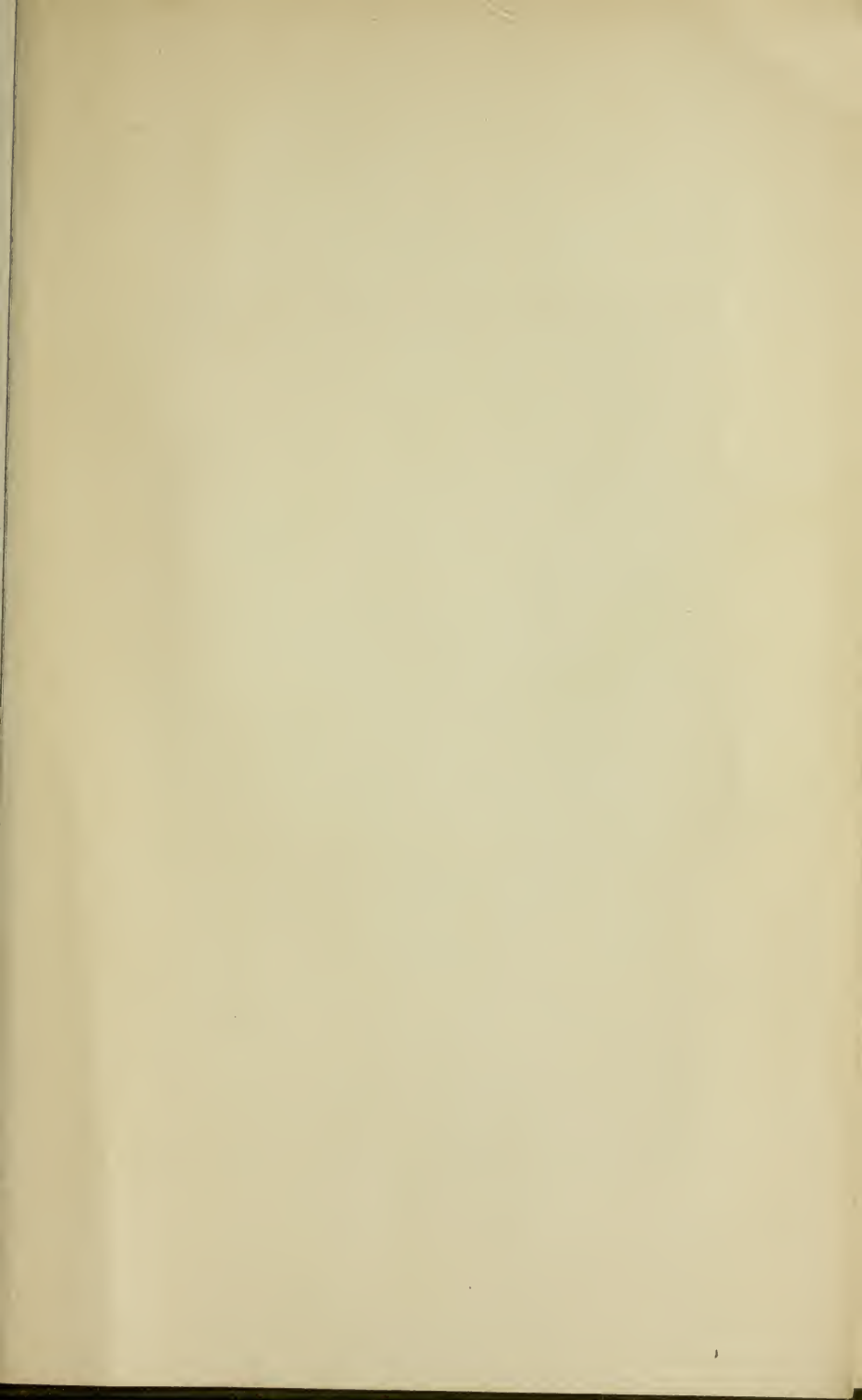
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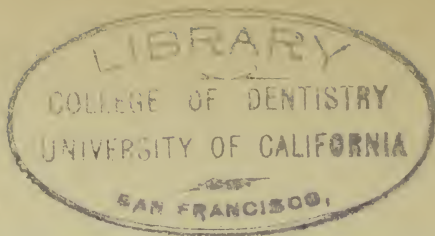
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